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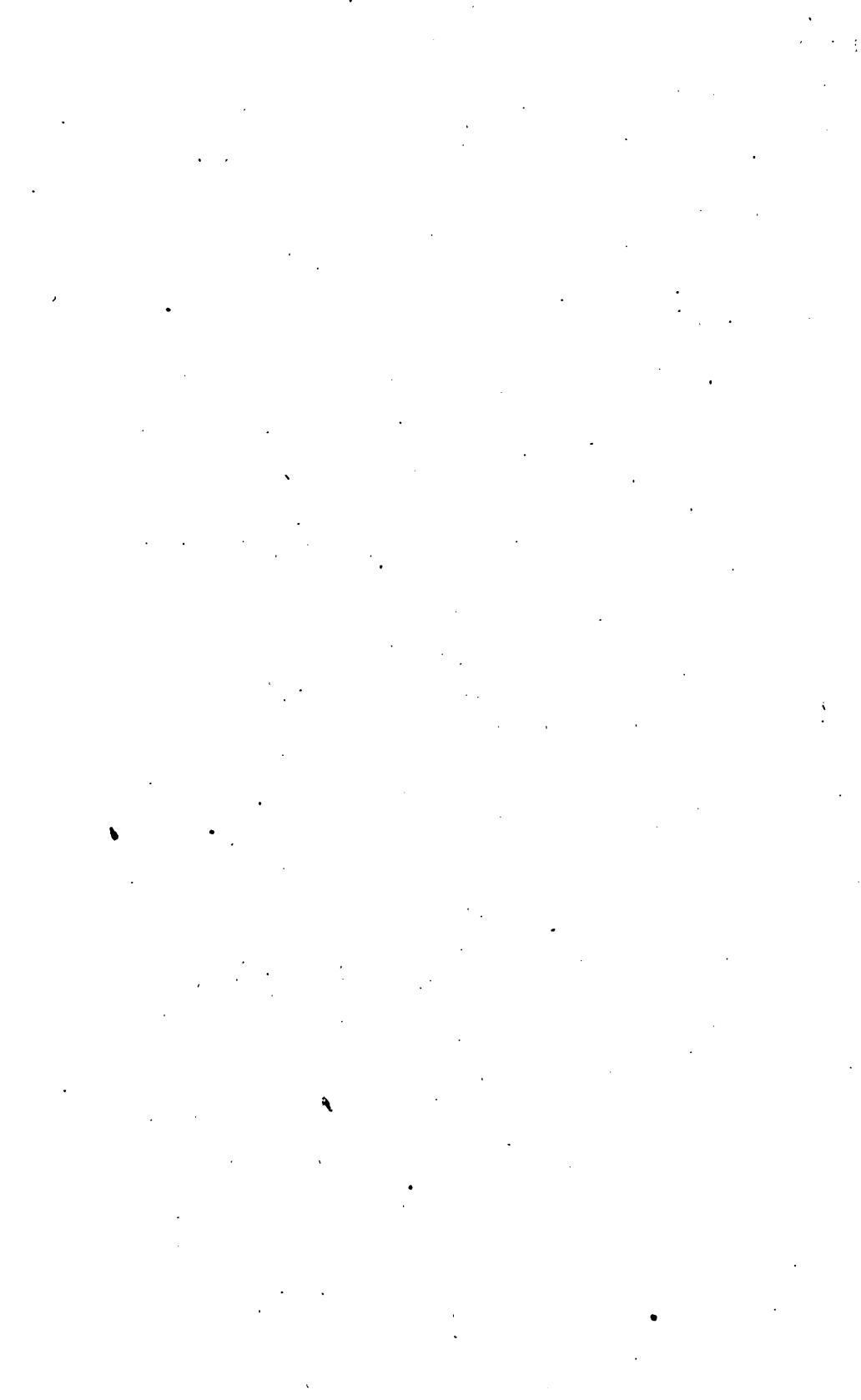
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HALL'S JOURNAL OF HEALTH

HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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APRIL, 1894.

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PREMATURE DEATHS.

If the six articles which follow are maturely considered it will be found that very many premature deaths, whether by suicide or other forms of violence, or by disease, are traceable to moral causes; hence it is as much our duty to avoid these as it is to avoid and guard against the physical causes of disease and death. The suicides in France now average ten a day; the number for the present century, thus far, is over three hundred and fifty thousand. Not a day passes in which a suicide may not be directly traced to want of success in life; to the false moralities inculcated by wicked or ignorant writers; to the failure of parents in obtaining a proper influence over their children; to unrestrained appetites and passions; and to the inability of multitudes "to get along in the world" prosperously for want of thoroughness of preparation for their calling or station in life.

THE EDITOR.

SUCCESS IN LIFE.

If to obtain wealth is success we see men around us who have accumulated fortunes, who have no remarkable talent, no special high moral character; in fact, in general intelligence, in elevation of sentiment, in breadth of view, they are pitifully deficient; while men immeasurably their superior in every great and good quality, have never made and saved a dollar.

Then again, every now and then we meet with a man who seems to have prospered in everything he ever attempted, while his next door neighbor, apparently in everything his equal, if not his superior, fails in every undertaking; every effort to rise is sure to result in a more hopeless fall. Able and worthy men ought not to feel discouraged nor cast down, nor to whelm themselves with self-mistrust or self-

reproaches ; for the very foolhardiness of some men, and the stupidity of others, in not seeing palpable obstacles and dangers, is the father of their successes, while every succeeding one is the result of that *morale*, as the French term it, which attaches itself to great accomplishments. In very many cases the accumulation of fortunes is the merest chance ; the result of a fire, or famine, or flood, or pestilence, or sword, or from inheritance ; in such there is no sort of credit due to pecuniary success. In other cases, men make money by virtue of that utter abnegation of all moral principle which belongs to the most depraved mind ; temptations to which debasements frequently present themselves to the noble-hearted, but are spurned the moment they are proffered and are rejected without an effort, for it is far sweeter to them to live in destitution than to dress in fine linen and fare sumptuously every day at the cost of self-degradation and of prostituted honor.

There are a few men, however, who grow rapidly rich by the force of a perspicacity, a singleness of purpose, and an energy of will, which would have made them distinguished in any department of human life in any pursuit to which they may have been directed ; upon such men we ought not to look with envy, but with respect, and while we should admire them the more we ought not to think of ourselves the less, for all the great pecuniary difference, as long as we have been fast in our integrity in every strait and in every temptation. But suppose we have failed a dozen times, who knows but that it may be with us as it has been with multitudes before us, that past adverses are the foundations, constitute the elements, of future success, the very schoolings to great accomplishments.

Let every man be diligent and abide his time in patience, remembering that the race is not commonly, in practical life, to the swift, nor the battle to the strong ; and that ultimate and permanent success is the pretty sure reward of him who has patience, diligence and a great heart.

PROF. A. F. KINGSLEY.

RESPONSIBILITIES OF WRITERS.

The man dressed in spotless white will not fail to have his garments blackened if he mingles among a crowd of sweeps.

There are clergymen who cannot feel authorized to occupy the pulpit of persons claiming to be clergymen, too, for fear it should be construed to countenance the supposed errors of the latter.

No man of position can allow himself to associate, without prejudice, with the profane, the Sabbath-breaker, the drunken and the licentious, for he lowers himself without elevating them. The sweep is not made the less black by rubbing against the well dressed and the clean, while they are inevitably defiled. If a good man buys a bad book, or writes a commendatory preface to a bad publication, he in a measure endorses its sentiments. To write an article, be it ever so good, for a periodical, each number of which is in the main filled with third-rate fictions, or even first-rate fictions, is to endorse that publication in the main.

If a good man writes for such in the hope of slipping in a wholesome truth now and then where it would not be otherwise done at all, it is as if he coated a poisonous pill with sugar, or mingled a serpent's venom with honey—the poison and the venom are too predominating; they still destroy, while the sweetness is all lost.

If able men, for a dollar or two a page, or column, will write for flash newspapers and flash magazines which, without their fictions of words and falsehoods of pictures, would not sell at all, they simply aid to bolster up a lie and pander to the credulities of an ignorant public. To palm off the picture of an artist's brain for that of an actual occurrence, to give the portraits of the *passe* and the dead for those of living criminals, is a falsehood and a cheat, as much as the publication of a fiction for an actual fact. It is only the pictures and the twaddle of loungers which keep up the most pretentious monthly in the land; and the fictions, with the secret infidelities of the next best, its pantheisms and its gibes at religion and religious people, are barely able to keep it above water.

All of them are destined to founder if they do not change. As they are, the sooner they sink the better for the community; and the influence of the few good men who write a paragraph now and then for them will sink with them to that extent; while, by aiding to bolster up a moral nuisance they may find against them a handwriting on the wall when the curtain has fallen and the orgies have broken up.

KIRKE WHITE.

INFLUENCE OF MOTHERS.

John Randolph never ceased, to his dying day, to remember with unutterable affection the pious care of his mother in teaching him to kneel at her side and with his little hands pressed together and raised upwards, to repeat in slow and measured accents the pattern prayer.

"My mother," said a prominent man before he died, "asked me not to drink liquor, and I never did. She desired me at another time to avoid gambling, and I never knew a card. She hoped I would not use tobacco, and it never passed my lips." Not long ago a prominent divine of the metropolis, in one of his powerful appeals to mothers to consecrate their children to the ministry of the Gospel, said: "A youth, after great deliberation and with the knowledge that his mother desired him to be a clergyman, decided at last to become a lawyer; and soon after his mother inquired of him in a tone of deep and tender interest, 'My son, what have you decided to do?' 'To study law, mother.' She only replied, 'I had hoped otherwise;' and her convulsive sobbing told the depth of her disappointment. 'Do you think, said he, 'I could go into the law over my mother's tears?' He reconsidered the case and has long been an able and efficient clergyman."

All that that man was in after years he attributed to the simplicity and propriety with which his mother endeavored to win his attention and store his memory with religious truths when yet almost an infant. Oh! if Christian mothers would but wake up to the use of their powers and their influences, a Samuel might arise out of every family and the example of this man be numbered by the thousands.

HARRIET W. STEWART.

UNSKILLED LABOR.

It would be a grand thing for society if the apprenticeship system of seventy-five years ago could be resuscitated with modifications. A law would have its advantages which would prohibit mechanics from setting up a shop for themselves until a certain number of years had been spent in learning a trade. The want of something of this sort is diminishing daily the number of competent mechanics in every branch of human labor which requires intelligence and skill. Its workings is as follows: A boy goes to "learn a trade." About the time it is half done he begins to feel as if he knew all about it, and with that there comes a pride, a groundless independence and confidence in himself; the next step is to take offence at some trifling thing, and he "goes off" to become a "boss" himself. His next plan is by "low prices" to get custom, but he would soon starve if with these low prices he did not purchase a correspondingly inferior article to work with, and with this incomplete knowledge added to bad materials, "a bad job is made of it." People soon find him out and simply let him alone, and he is

forced to do anything that offers—make mortar, sweep the streets, saw wood, take up the hod, dig ditches, and the like.

But such occupations are very precarious. There is not always work to do of this character. There are rainy days, snowy days and days of frost, but he and his family must eat on these days as well as others, and he either goes in debt or endeavors to live by his wits. He engages in unlawful practices or associates with idlers, or hangs around drinking places, and the station-house, the jail, the penitentiary and the gallows close his history. What is the remedy? Law? Do not wait for a law. Let every father who reads this determine at once to use all the authority he has, if he designs to make a mechanic of his son, in compelling that son to become as much a master of his calling as can possibly be done by the time he arrives at the age of twenty-one years, and if not perfect in his business then pay him as liberal wages as circumstances will allow to induce him to remain until he is master of his calling; the result will be that employers will feel a greater confidence that work will be well done, and with this will come higher wages, a more liberal remuneration and more work; for many a man is prevented from making improvements or having repairs done because of the almost utter impossibility of having them done honestly and well. Thus it is that the great mass of mechanics are doomed to poverty for life; are doomed to live from hand to mouth; must live on each day's labor and without that labor must stint or cheat or hunger. On the other hand, go to any first-rate workman in any branch any day in the year in a large city like New York, and you will never fail to find him "forehanded." He always has work to do and you are compelled to "wait your turn."

P. N. HOPPIN.

CONTROLLING TEMPER.

Fools, lunarians, the weak-minded and the ignorant are irascible, impatient, and of ungovernable temper; great hearts and wise are calm, forgiving and serene.

The most imperturbable and the ablest disputer of his age was the Scotchman, Henderson. When a glass of water was thrown in his face by the ungovernable rage into which an antagonist had allowed himself to be thrown by the anticipation of inevitable defeat, the Scotchman calmly wiped his dripping cheeks and remarked, with a

smile : " That is a diversion ; let us proceed with the argument." It is said of one of the ablest men of the last century, that, having completed the manuscript of a work which he had been preparing for several years, he left his room for a few moments to find, on returning, that a favorite little dog had, in his absence, turned over the candle, and reduced his writings to ashes. On observing it, he exclaimed : " Oh ! Diamond, little dost thou know the injury thou hast done," and immediately set about the reparation of the damages.

Philip the Second, after having sat up to a late hour in the night to complete some important state papers, waked up one of his drowsy secretaries, who was so flurried at this breach of duty, that he dashed the contents of the inkstand over the manuscript, instead of the sand box. " It would have been better to have used the sand," was royalty's remark, on sitting down to the reproduction of the document.

Washington, when high in command, provoked a man to knock him down. The next day he sent for the person to appear at his headquarters and asked his pardon ! For in reviewing the incidents of the case, he found that he was himself at fault. A magnanimity only possible to a truly great mind ; but it is a magnanimity, a self-control, a mastery of temper which it is a nobility to strive for.

JAMES HARRISON, M.D.

OUR DAUGHTERS.

As this country grows older, the necessity increases of each individual being able to earn a living. Hitherto, we could afford, in a measure, to allow our sons to grow up without the knowledge of any profession or trade, as there were other avenues for employment ; but already has it become important, in cities and large towns, that the daughters of a family should be able to earn something for the general assistance of the household. Some give lessons in music, others teach school, most, too many, are driven to the heart-crushing, health-destroying and life-wasting stitch, stitch, stitch.

There are evidences of some repugnance against putting our daughters in public places in shops, stores and the like ; and, as for making nurses and chambermaids and waiters and cooks of them, it is not to be thought of, yet awhile.

But we must come to it at last. Other nations will cease to be able to supply us with hewers of wood and drawers of water, with carriage drivers and menials for the household. The older nations fill these

stations with their own poor ; there is no sufficient reason why we should not do the same.

That we should submit that our children should be nursed in their earlier years by those of a different religion can only be accounted for in the existence of a false pride. The true wisdom of any denomination of Christians is in giving the instruction and care of their children to those of a like faith with themselves.

In France, three-fifths of the females grown are under the necessity of doing something towards earning a livelihood. It is very certain that the consciousness of not being able to make a support casts many a girl on the street, compels others to marriages of policy, and takes from all that independence of feeling, of character, and that self-reliance, which, of themselves, elevate, energize and ennoble. Every year it is becoming less and less possible, even for the half of our daughters, to marry men who can afford that they should do nothing towards earning a dollar.

Hence it is true, a wise and a high humanity, to study out ways and means by which young girls can be placed in circumstances by which they can sustain themselves—something to fall back upon, in case of being thrown on their own resources, by orphanage, widowhood, or unfortunate marriages.

If it is true that the man who rears a son without having him taught the means of earning a living, rears that child to large chances for the penitentiary and the gallows, it is not the less true, and is becoming daily more so, that the daughter who is ushered into womanhood without the knowledge and ability to earn a dollar by honorable means, is raised to the chances of an early death, or degradation worse than death itself.

JANE ISADOR BLAIR.

PROPER TRAINING OF THE NERVES.

Delsarte said, drop all useless contractions before you try to express or act. This thought, planned for dramatic training, has been found to be invaluable to all arts, all living. How and why shall be explained.

As we watch the motion of an animal, we shall see that there is no unnecessary use of force. Each muscle contracts just enough to accomplish the action, then instantly drops into relaxation ; each nerve directs its relative muscles with perfect adjustment. In man it is not so. A muscle rarely contracts just enough for its action,

but overcontracts, with bad results of different degrees; the nerves directing the action, instead of giving just the help needed, strain in doing what the lightest touch should have accomplished. In consequence of this misuse, we have yearly many cases of nervous exhaustion and ills too numerous to name.

If we should make the tension of a sewing-machine far too great, and then set our machine running at a rapid rate, we should expect it to break. But we do a similar thing when we lead a life of high pressure without using economy of our nerves and muscular forces. We must learn to drop instantly into a state of rest in order to adapt ourselves successfully to the advantages in which we live; in order to make them our servants instead of our masters. One often sees an overworked woman drop asleep for a few minutes, and wake temporarily refreshed. Experience teaches this to many, but all can learn it and much more. For all can learn not only to drop instantly into a state of rest, but to carry their work by such natural principles of low pressure that there will be less tension to drop.

The first step toward this state of balance (action and reaction being so nicely adjusted) is to learn to rest more fully when under good conditions. "A body cannot be perfectly active until he has the power to be perfectly passive." *Perfectly passive* describes a full state of rest, in which body and mind lay down every occupation and are open to replenishing influences. No muscular contraction must be retained. We must lay down all worry, refrain from nourishing any personal wound or other burden, and be as free as flower and tree, while we rest from everything which belongs to our acting life.

The first technical direction we are given for accomplishing this end is to cultivate a sense of our own weight. An animal at rest gives up its full weight to the ground. Every atom in its body is let down to its full capacity. Contrast this with man's manner of resting. Man often holds himself up in every possible way while yet lying down. We can know this only by examination of ourselves and others. And when the appreciation of what weight is to the body has started, we can practice during quiet exercise, as in walking, sewing, or writing. In these cases one tries to let the parts of the body not in use express their greatest weight.

Weight and contraction are directly opposed, and physicians say half the ills are different forms of contraction. Letting down the full weight of the body, then, has a preventive influence. The next step

toward liberty from nervous disorders is to cultivate a habit of slow breathing. The average woman draws twenty breaths during a minute, when she should draw but ten or twelve. A breath drawn slowly will be a full, deep breath, and, combined with the practice of "weight" and dropping of contraction, will open the system to a freer action in every way. After a general application has been made of these directions, help will be found by making them more particular.

Contract the hand, slowly drawing in the fingers until they are firmly clenched, then slowly relax until the hand is loose and wholly opened. This may be done also with the toes, the eyes, the lips. For the purpose of increasing your sense of weight, think of your arm as very heavy, and, when the thought has become convincing, lift the arm slowly and very quietly from the shoulder, letting it drop as an apple drops from a tree—do not throw it down. The slow dropping of the head upon the chest is an exercise which can be safely practiced if care is taken to avoid all jerking. The practice of these exercises make one sensitive to the non-practice of the principles which they illustrate, besides having themselves a restful and curative influence. They are curative because they open the system, giving it increased power to assimilate food and oxygen.

Woman is more prone than man to setting herself almost limitless tasks. Nature does not ask apple trees to bloom in January; but women ask a thing equally disorderly when they require of themselves nineteen or twenty hours of labor out of the twenty-four. A woman is, in a way, idolatrous when she says to herself, "Oh, I can do this, I shall not break down," etc., when she should say, "I must stop here, or I cannot wisely do the work of to-morrow." Could we make it an unconscious habit to use a little less power each day than we have accumulated, we should save days and nights of accumulated trouble.

A life in which the action and reactions are balanced is always at lower pressure, and thus better adjusted for its work and its rest. Nature can do fine work with us, then, while we sleep—preparing us involuntarily to fall in line with her laws. The tendency of this sort of living to the minds of women is freeing. Little things look their true size. The focus is changed, and in great trials we find a reserve force ready to help us. We are more in league with big things. Because we have a habit of mental and physical openness we can open to the inflow of strength in proportion to our need.

Listening in this habit of life, keeping everything at low pressure, and gaining quiet rhythm through breathing, make one's memory a better servant, and one's appreciation more sincere. If we listen to the finest sermon or lecture from an attitude of high pressure, every part strained, we feel ourselves ecstatically filled; but when we leave, we find we have no definite gain, nothing that we can at once put in our life, but are instead impoverished and worn. But if we receive helpful thought as the trees and flowers receive light, we find ourselves not only refreshed, but remembering and ready to put into practice something learned. In listening to music or the drama we are invigorated, not worn and exhausted. Great tragedy moves our appreciation in proportion to its greatness, stirring our souls to action, but leaving body and mind free from wear.

Our lives may move in a rhythm much larger than that in which we find ourselves. Instead of placing obstacles and limitations in our path, we should, using the intelligence of beings who are living under great advantages, meet the ill conditions of our time from a plane well guarded against them; the achievements of the day would then become our servants instead of our masters.

GRACE C. KEMPTON.

MISCELLANEOUS PARAGRAPHS.

TREATMENT OF DIARRHŒA.

Mothers must remember that in infants, also in all young children, highly excitable by reason of a weak nervous system, there is a decided danger of convulsions if a diarrhœa is checked too suddenly, by such agents as opiates, which stop the action of the bowels and so shut up within them a mass of fermenting material which ought to be expelled.

Of the diarrhœa mixtures for sale by druggists, nearly all, if not all, contain opium in some form. This drug merely tends to "bind up the bowels," and leave the exciting cause still at work. That cause must, in every instance, be removed before recovery can take place. Diarrhœa, in the infinite majority of cases, is due either to unwholesome food, or to pernicious changes in the food after it has been taken into the stomach. In either instance, of course, the first thing to do in the way of treatment is to clean out the intestinal canal. That is just what diarrhœa does; and nature sends it for the purpose. But the trouble is, diarrhœa seldom stops when it has done its good work, but

persists and set up an inflammation. Where diarrhœa has lasted for a time—for a day, perhaps,—it is likely that the most of the contents of the bowels have been expelled.

In diarrhœa of quite long standing it is often necessary to free the bowels with a laxative; but only physicians can rightly judge of the need in such cases. When a child is taken with the complaint, in every instance the mother would do well to at once stop all foods and give a laxative. Castor oil does well; rhubarb is also valuable for the purpose. "Rhubarb and soda" is a mixture that has been in use for years and years, and it is one of the best laxatives in diarrhœa, especially in children. The dose, of course, varies with the age, and if the purchaser tells the druggist how old the child is for whom it is intended, he will estimate the dose which will be suitable. A mother can properly give a dose of the mixture of rhubarb and soda while awaiting the coming of her physician. And here it is well to emphasize the fact that in every instance of diarrhœa in a young child during warm weather, a physician should be consulted as soon as it sets in.

One reason why it proves so fatal is because it is very generally either neglected, or improperly treated. Probably in no other affection is the "home treatment" so often, not only ineffectual, but absolutely hurtful. If taken in time recovery may then be expected, even in the worst cases of diarrhœa. This fact has for years been urged upon mothers, and still they go on dosing their little ones with diarrhœa mixtures, cholera mixtures, etc.,—and wasting the chances of recovery. To them we say, if your little ones are attacked with diarrhœa during the next four months, send for a physician; and while waiting for him give a dose of castor oil or the mixture of rhubarb and soda.

If you will not send for a physician, but insist upon assuming so grave a responsibility and doing your own doctoring, give a small dose of this mixture every five or six hours, and put your dependence upon it. It is not only a laxative, but it has tonic and astringent properties; it not only clears out the bowels, but tends to tone them up, and in not a few instances it alone will cure diarrhœa.

WONDERS OF THE HUMAN LUNGS.

The importance of the lungs as a means of purification of the blood and of promoting the general welfare of the human organism, may be inferred from their protection, so nearly surrounded by strong bony structures. The same may be inferred from their constant action,

without a minute's vacation, ordinarily, at any one time, from the dawn of life till its close. Nor are these five lobe servants, in their general activity, controlled by mental influences—will power—but continue their activity whether we are awake or asleep, whether we are sensible or insensible—managing their own affairs. Their appropriate mission is the supply of pure air to the system, the most important design of which is its purification, carrying off particles of impure and dead matter, which are ever accumulating as the result of age and the exercise of the organic functions. To effect this very important result, this purification of a body constantly becoming impure, of necessity, there are 600,000,000 (by estimate) of air cells, all of these being more or less inflated by each breath. As small as these must be, it is estimated that the outer surface of each has an average of five minute blood vessels, containing the blood from the general system sent there for revitalizing, that it may continue to sustain and care for the body.

The theory is that the iron in the blood attracts the oxygen of the breath through the membranes, resulting in an actual combustion, burning waste matters, and, in this way, sustaining the warmth of the body, our clothing doing nothing in this regard, beyond regulating the escape of the heat thus produced, and preventing the natural ingress of the cold from without. After the burning of these refuse matters—by which a deadly gas is produced, as in all combustion, which, with what we may call ashes, are drawn through these membranes, entering the air cells, soon to be thrown out by the expired breath, as this gas is particularly poisonous to the lungs. That such impurities may not be rebreathed, they ascend, being lighter than the cool air, till the poison gas becomes cool, when it falls to the surface of the earth, where it is absorbed as one of the most important of the fertilizers, vegetation being sustained more in its work of purifying the air than by the soil! The average capacity of the lungs of a full-sized man is about one gallon, though only about one-half of the air is thrown out at any one time, the rest remaining, aiding in the purification of the body.

It is estimated that the lungs are supplied annually with 100,000 cubic feet of air—breathing 7,000,000 times, purifying 3,500 tons of blood. In view of such a stupendous amount of toil performed by the lungs, with the importance of this purification of the body, without which health and life can be continued but a short time, it is of the utmost importance that we have a generous supply of pure air, while the natural supply would be sufficient, probably, if the population of

the earth should be increased a hundredfold, particularly since the vegetable world is constantly employed in its purification. We have simply to open our doors and windows, freely breathing our part, in doing which we shall not rob our neighbors.

WHY GROW OLD?

Dr. Yorke-Davis seems to think that one reason why people grow old is that they don't take care of themselves. He recommends employment for people in old age as well as in middle age and youth, for it exercises the brain, and by occupying the mind keeps it in the healthy condition that contributes to a healthy condition of the body.

I find that if old people are put on a good meat diet in the way of strong soup, beef tea and animal food, and only just sufficient farinaceous food and fats and sugar to maintain the heat of the body, they increase wonderfully in energy and, as they often express it, feel twenty years younger. This is only natural; it is a food of energy; the food that builds up muscle, nerve and constitutional stamina.

The requirements of the system in old age, as a rule, are not very great, and more harm is done by taking too much food than by taking too little. I have known people considerably over seventy derive the greatest benefit from a thorough change in diet. It seems to rejuvenate them. Of course, in old age care should be taken that the body is not subjected to rapid changes of temperature. When the nervous power is decreasing as the result of age, and the system is losing the power of combating cold and strain upon its energy, a stimulating diet invigorates, and is conducive to maintaining constitutional stamina better than any other.

Any natural death but from old age and decay is an accidental death; that is, it is due to causes which might, and even perhaps could, have been entirely avoided and remedied in earlier years. But, of course, all the secrets of attaining extreme age are not even now within our reach, and the few that I have pointed out are but a very few, and those of the commonest. The vital energy that is implanted in the body at birth is only meant to sustain it for a certain number of years. It may be husbanded or wasted, made to burn slowly or rapidly. It is like the oil in a lamp, and may be burned out to little effect in a little time, or carefully husbanded and preserved, and thus made to last longer and burn brighter. It is a mooted

question whether every individual is not at birth gifted with the same amount of vital energy and of life-sustaining power. The probability is that each is. The circumstances of the environment from the cradle to the grave determine its future destiny.

DANGEROUS EXHIBITIONS.

We have again and again condemned the flagrant impropriety of those reckless exposures of hardihood in which an individual, for the sake of a few dollars, and for no more worthy reason, persists in committing himself to suicidal extravagances of human endurance. Whatever the act or the work in hand, whether it be a fight with wild beasts, a glass-eating exhibition or a fast ruinous to health, one and all obey the same false law. The gambler's thirst for chance events and idle gain is its inspiring passion, the morbid craving for novelty its attraction, and against these every utterance of duty protests in vain. Little wonder then that the life lured by these false lights is liable to be prematurely ended. We admit that all performances of this kind are not inevitably detrimental, and a case recently reported, in which an amateur conjurer in Battersea passed a poker down his gullet, is of some interest in this connection. Particularly noteworthy is the fact that, though death followed within a week, no signs of œsophageal injury were found on examination, and the fatal issue was attributed to inflammation of the lungs. We may here observe, however, that the possible influence of contusion or abrasion of the œsophagus, which might not be easily recognizable, ought not to be lost sight of in settling the question of causation. Whatever the actual relation in this case between the feat and its apparent consequence, it will be admitted by most intelligent persons that we are daily called upon to witness more than enough of such exhibitions. Little excuse, in our opinion, can be made for them. They serve no useful purpose, but tend rather to brutalize than to elevate; they are frequently very dangerous and should therefore be subject to judicious and effectual control by local authorities.

A HARMLESS CHOLERA CURE.

Should not the lack of chlorides in the system make it easier for those scourges to take hold? Common salt—chloride of sodium, “keeps” meat and other things by means of preventing the growth

of the germ of putrefactive fermentation. During the heated term people perspire much, and every drop of perspiration takes salt out of the system. In the hot seasons these scourges are the most virulent. I have acted on this theory ever since I read the statement, in summer complaints and cholera morbus, with decided and immediate success in every case. I take a tumblerful of water, add a teaspoonful of raw corn starch and a teaspoonful or two of common table salt, stirr well, and drink it as much and as often as I can without causing nausea. The taste of salt is not ugly when the system needs salt. I have tried this more than a hundred times in cases of summer diarrhœa and cholera morbus with invariable, prompt success.

THE BEST OF BATHS.

A sea salt bath, followed by an "oil rub," is an excellent daily habit for delicate women who need vitalizing. Sea salt may be bought in three or five pound boxes at a druggist's, and a half cupful dissolved in boiling water and added to a basin of lukewarm water is enough for a sponge bath. The best way to take it is to stand in the bathtub, and, after sponging one's self from head to foot, pour the remaining water over the chest and shoulders. To be entirely satisfactory the oil must be applied by another person. Coconut oil is cheapest and best for the purpose, and it should be rubbed into the skin till no trace remains on the surface. It is most beneficial to have the bath and rub just before going to bed, and in any case the patient should rest in an inclining position for at least half an hour after receiving the treatment.

FOR SORE THROAT.

Take a handful of white oak bark ; pour over it a pint of cold water ; place upon the fire, and when it has reached the boiling point allow it to boil about two minutes. Then strain the mixture, remove to a cool place, and after it is cold dissolve in it four teaspoonfuls of powdered alum. Use as a gargle every hour or so.

DANGERS OF THE BARBER SHOP.

The report of a case of tuberculosis of the bearded face will direct attention to the danger of transmission of tuberculosis through the intermediation of the instruments used by the barber. To prevent

such an occurrence each individual should have a separate brush, and cup, and napkin and razor. If one razor is used in common it should not again be used before having been placed for a short time in boiling water and dried, while persons who present themselves to the barber with diseases of the bearded skin should be advised to consult medical men.

HOUSE AND HOME.

CONDUCTED BY LILLIAN WHITE.

A NOVEL DRAPERY.—A drapery much in vogue for doorways and the upper part of windows is a seine lambrequin, with a fishing rod for pole. The edges of the seine are finished with a cord of heavy rope. Tackle and blocks are used for draping, the rope being fastened to a hook in the centre of a coil of rope measuring ten to fifteen inches in diameter, which is fastened to the corner of the doorway or window. It should be arranged in careless folds across the top and then allowed to hang from one side. The netting can be gilded, silvered, bronzed, mahoganized, ebonized or left in its natural condition, as best suits the other appointments in the room. The prettiest hall seen in a long time had a lambrequin of silvered netting over an electric blue plush portiere in each door opening out from it. The wall paper of electric blue had, apparently, silver coils of rope, with straggling ends, dashed over it, and was finished by a freize of silver with blue double knots all through it. The woodwork of the hall furniture was painted white, with tiny silver splashes on it, but this time made of flat silver braid. The woodwork of the hall was mahogany, and the rugs combined this deep rich tint with a silver-blue effect.

FOR COZY CORNERS.—Sofa pillows are as high in favor and as numerous as they well can be. Too many seems an impossible term, and they are piled temptingly everywhere about. The newest show deep frills, quite ten inches wide, and are covered with the softest silk. If, as some critics complain, the luxury of the cozy corner is a temptation to withdraw into one's self and a distinct detriment to family life, these pillows are responsible for much harm. It would require a stoic—and a stoic of the severest sort—to withstand the silent invitation they offer, and it would require the most orthodox Quaker of the old school to resist the fascination of their lovely colors and artistic designs.

THE DRESS.

NEW SPRING FABRICS.—Fayette, one of the popular new spring fabrics, is extremely pliable, being finished without dressing of any kind. It is woven on silk warp, and merchants claim that it will not spot. This, indeed, they warrant. It comes in colors and black, and is forty-two inches wide.

SHORT SKIRTS.—Short skirts grow more and more in favor, and spring will find all demi-trains for street wear discarded entirely, except for middle-aged ladies or an occasional grand ceremony. The skirt is over five yards wide, cut on the slope, upheld by a hem slightly "crinolined." Basques are holding their own, and continue to grow in favor. They are very full below the waist line. Some are stiffened and stand out like the full reefers at the shoulders. Double skirts, with opening on the sides, continue to be very much in favor. The upper skirt is usually bordered with thick, heavy trimming; fur and ruchings are used extensively for this purpose. A couple of very large flat bows are used to cover the opening.

CHEAP INDIA SILKS.—India silks are now put forward at the shops at very low prices. These eminently useful fabrics are to be more in favor than ever, judging by the sales. Black, with colored polka dots, is a favorite, but the black with graceful sprigs of tiny rosebuds, daisies or violets is especially attractive.

TEA-CLOTHS.—Some new tea-cloths of white linen have borders about a finger deep of colored linen. The color used is usually that of the flowers that powder the cloth. For instance, a cloth worked with white daisies with yellow centres, or flowers that are entirely yellow, has a border of yellow linen. A cloth sprinkled with carnations has a pink linen border, and one with shaded bachelor buttons has a border of blue linen. Between the white and colored linen there is usually one of drawn work or an insertion of linen lace. A blue linen cover for a small table to be used in a blue and white room is covered with white violets and bordered with Torchon lace insertion, then a linen border, and finished with a frill of lace.

ORRIS-ROOT SACHETS.—Gown sachets are of powdered orris-root, sewed into thin pads and fastened into the lining of the frock. They must be of the faintest odor, for there are few things more vulgar than to smell conspicuously of the drug store.

THE KITCHEN.

BOILED RICE.—With the exception of the Irish potato, no article of food is more abused than rice. Most readers think this is easily prepared. So it is, perhaps, but few cooks or nurses have an idea of the necessity of having it properly done—that is, cooking it until every grain becomes perfectly softened. If the grains are not reduced to this soft state, rice is almost certain, when swallowed, to irritate the digestive organs, and instead of soothing the parts and sustaining strength, will actually produce diarrhœa, etc. This has been frequently noticed in hospitals. When properly boiled until each particle becomes so softened that the grain cannot be detected when eaten—but not cooked so much that the shape of the grain is destroyed, and the mass reduced to the appearance of paste—there are few articles of diet for the sick which can be made more acceptable to the taste of invalids than boiled rice.

GOLDEN CORN CAKE.—Take three-quarters of a cupful of corn meal, one and a quarter cupfuls of flour, two teaspoonfuls of baking powder, quarter of a cupful of sugar, half a teaspoonful of salt, a scant cupful of milk, one egg and teaspoonful of melted butter. Sift the cornmeal, flour, baking powder, sugar and salt together, measuring the baking powder more rounding than usual, and sifting it before adding to the other ingredients; add the milk, the egg well beaten, and, lastly, the melted butter, measuring it after melting. Beat thoroughly and bake in a shallow pan in a quick oven for twenty minutes. Use fine granulated cornmeal and pastry flour. This will be found a very simple recipe, but one which may be depended on.

QUICK WAFFLES.—One pint of milk, three cups of flour, one teaspoonful of salt, two heaping teaspoonfuls of baking powder, three eggs, one tablespoonful of butter. Beat the yolks of the eggs until light, then add the milk, then the flour and salt; give the whole a good beating—beat until smooth; add the butter, melted, and, last, the whites of the eggs beaten to a stiff froth and the baking powder; mix thoroughly and bake the same as plain waffles.

SWEET APPLE PUDDING.—Three cupfuls sweet apple, chopped, one lemon, the grated rind and juice, four eggs, a quart of milk, nutmeg and cinnamon, three teaspoonfuls of baking powder. There is a good deal in mixing this pudding. Beat the yolks very light, add the milk, spice and flour for a stiff batter, stir hard for five minutes, then add the chopped apple, the beaten whites of eggs, lastly the baking

powder. Bake in two shallow pans an hour ; cover with paper when half done to prevent its getting too hard. Serve with cream.

OYSTER SANDWICHES.—Cold fried oysters are the basis of a very appetizing luncheon sandwich. Use slices of rye bread thinly buttered, and flatten the oysters with a broad knife, putting a dash of mustard on each. To have them look especially dainty, wrap each finished sandwich in waxed paper. That is the way they are served and sold at noontime in one of the largest office buildings in this city, where the coming of the little old woman with her white-covered basket of freshly made "cold fry sandwiches" is hailed with delight by scores of busy lawyers and others to whom even lunch time is too precious to squander.

THE BLISSFUL ONION.—There can be no successful dinner without the aid of the leek family. Every soup, every meat course and every sauce and dressing, whether for fish, flesh or salad, needs the flavor of the onion. This blessing is easily disguised, but the professional cook keeps the secret. Two drops of onion juice in any cream soup instantly kills the starchy, pastry, nursery taste ; one drop will lift a sauce or a cream gravy out of the common ; rub the bowl with a leek or a slice of onion and the tamest salad, red or green, has sap.

WHERE CARE IS REQUIRED.—Keep a careful eye upon the baking powder sent you by your grocer to see that an inferior brand is not substituted for the Royal. There are many cheap imitations of this necessary leavening agent, sold under some other name, which are sometimes sent to the customer when Royal is wanted, because of the greater profit which they afford to the dealer.

Carefully avoid, also, all so-called baking powders offered under misrepresentation. Alum powders are invariably sold as pure and wholesome cream-of-tartar goods. A baking powder now notoriously advertised as having published upon its labels all the ingredients used in it, is shown by recent investigation to have in its composition four different substances not upon its label, two of which are lime and sulphuric acid.

Protection from such frauds, and from all alum baking powders, can best be secured by the consumer looking carefully at the label, and declining to accept any substitute for the well known, well tried Royal, which all tests show to be absolutely pure and wholesome.

EDITOR'S OUTLOOK.

LOCALITIES OF LIFE.

The mountain top is healthier than the valley, because the air is purer, made so by its constant renewal of the winds, and by its exemption from impregnation and saturation with the effluvia arising from decaying refuse of vegetables and animal matter.

Elevated situations are generally exempt from the ravages of consumptive disease. One in a hundred of all the deaths in the city of Mexico, which is ten thousand feet above the level of the sea, is the result of common consumption of the lungs, whereas in our seaboard cities, not fifty feet above the surface of the water, the proportion is twenty in a hundred.

The prominent physiological reason for this is that the air is lighter, contains less oxygen; but as the lungs live on oxygen, as it is the oxygen which they bring in contact with the blood at every breath, it is that which purifies it and gives to it its life giving power. One result is inevitable; each breath of air not giving a sufficient amount of oxygen, instinct prompts a deeper breath, a fuller breath; the lungs are compelled to make greater efforts to take in a greater breath of air, this distends them more fully, the blood vessels on the sides of the air cells are straightened out, hence a want of a free circulation of the contained fluid, and a free circulation of the blood is an essential element of health.

Many physicians have advised systematic and forcible and deep inspiration as a means of filling out and developing the lungs, doubtless to great advantage.

The lungs always begin to fail at the top, just under the collar bone. In examining persons after death from consumption, the lungs will be found decayed at the top, three times out of four.

In process of taking air into the lungs, the lower portion is first distended, as in filling a bladder, and the upper part last. In the ordinary breathing of those who are most of the time in the house, only the lower portion of the lungs is filled with air, as the breath is not drawn in with sufficient force to fill the upper part, hence this upper part is soon attacked with consumption. Therefore, whatever course of life is pursued which promotes full and deep inspirations, most promotes the arrest and cure of consumptive diseases.

And, as in the event of disease, the lungs do not take in as much air as is needed, for the wants of the system what is breathed should be the purest possible, and that is outdoor air; therefore those who are out of doors most, whether day or night, hot or cold, stand the best chance of getting well; in fact there is no hope of warding off consumption that is threatened, much less of curing it, without a free employment of outdoor activities for a great part of every day. A consumptive who "camps out" even in winter is far more likely to get well than one who remains indoors, keeping his room at the same degree of temperature all the time.

Remember that in our June number the second season for our Summer Recreation Bureau will be inaugurated, in connection with which we shall add a Shopping Bureau, for the benefit of those who desire to entrust their shopping with us by mail. It will be in charge of Madame Annette Josephine Page, an experienced purchaser, and every care will be used to have everybody pleased with the service.

LITERARY.

The Rev. Dr. Parkhurst and his courageous and masterful fight to compel the officials of New York city to enforce the laws against vice and crime, are the subject of a valuable article by E. Jay Edwards, in *McCLURE'S MAGAZINE* for April. Mr. Edwards shows how from a rather secluded, study-loving preacher Dr. Parkhurst suddenly developed into the most aggressive and resourceful social reformer who has appeared since the days of the anti-slavery agitation. A series of portraits of Dr. Parkhurst and other pictures add to the interest of the article. Another valuable article is by Archdeacon Farrar, on "Christianity—True and False." Consenting that men of the loftiest motives have seemed to array themselves sometimes against Christianity, Dr. Farrar shows that what provoked their antagonism was some abusive custom or institution that, parading falsely under the name of Christianity, produced a fatal confusion of mind. Besides these two articles there is an account by R. H. Sherard, of a visit to Zola in his Paris home, an account consisting chiefly in conversation wherein Zola tells the story of his long life of poverty, struggle and heroic industry. Excellent views of the Paris home, wherein, to compensate himself for his early hardships, Zola now lives in almost barbaric luxury, accompany the article.

The *DELINEATOR* for May is called the College Commencement Number, and contains three articles especially interesting to students. "A Girl's Life and Work at Vassar" is the title of the first of a series on The Women's Colleges of the United States, "A College Commencement" is most attractively described by a graduate of Smith, and there is a fully illustrated paper on "Commencement and Graduation Gowns." Under the head of "Employments for Women," is a sensible article on Women in Journalism, by Edith Sessions Tupper, and Eleanor Georgen treats the subject of "Pantomimic Expression" clearly and practically. A further installment of "Some Uses of Crepe and Tissue Papers" introduces some pretty articles for decorating a Spring Lunch Table, the third paper on "Wise Living" gives some good advice about eating, and the many ways in which daughters can help their mothers is told in the second chapter of "Mother and Daughter." "A Leather Wedding" and a "Logomachy Party" are entertainingly described. Some New Desserts are given, and on the "Tea-Table Talks" many seasonable topics are discussed. "The Culture of Fuchsias" is the subject of the Floral article, and there are many new designs in Knitting, Crocheting, Netting and Tatting.

The subscription price of the *DELINEATOR* is \$1.00 a year. Single copies 15 cents.

BLUE AND GRAY for April has a widely diversified table of contents, in which military news and reminiscences are almost overshadowed by contributions of general national interest and patriotic import. Miss Octavia Dockery concludes her series on "The Sugar Plantations of Louisiana," this month's installment being devoted to the manufacture of sugar, and profusely illustrated with plantation scenes and views of modern machinery. "An Ill Wind" is a quaint story of Western life, introducing a graphic pen picture of a flood on the Ohio River, by Emma Rebekah Rice. "Education as it Was," by the late Judge William Pope Dabney, recalls the old style school-house and the crude, harsh methods of the domineering pedagogue as compared with our present luxurious and effective systems; Major William Howard Mills contributes an interesting paper on "Fredericksburg and the Army of the Potomac," indicating

the growth of fraternal feelings between North and South, and in a similar vein is a paper noting the spread of the "United American Veterans," a new military order composed of veterans of both BLUE AND GRAY.

"The Progress of the World" of the April REVIEW OF REVIEWS, contains a timely discussion of the question why the English game of politics is more exciting than the American game. This question is suggested anew by the resignation of Mr. Gladstone and the intense interest aroused by that episode among Americans, to the partial neglect of Washington politics. Other topics covered in "Progress of the World" are, the Seigniorage bill, filibustering in Congress, the outlook for Bimetallism, the Wilson bill in the Senate, Louisiana and free sugar, the Senate report on Hawaii, the triumph of the Brazilian republic, the Bluefields incident, the prosecution of election crimes, the present positions of the Democratic and Republican parties, the fight against the House of Lords, the Russo-German commercial treaty, the services of the late Dr. Poole, of Chicago, the death of Louis Kossuth, and many matters of international interest.

The complete novel in the May number of LIPPINCOTT'S is "The Autobiography of a Professional Beauty," by Elizabeth Phipps Train, whose hand is light, but firm and sure. This work of a little known writer is remarkable for the freshness and brightness of its style; the heroine is conducted through manifold social and moral dangers to a safe haven.

Gilbert Parker's serial story, "Trespasser," reaches its fifteenth chapter, and will be concluded in another number.

"Her Concert," by Dorothy E. Nelson, records a pathetic incident in the life of a reduced gentlewoman. In "The Young Ravens that Call upon Him," Professor Charles G. D. Roberts gives a strong and careful sketch of wild life.

"How I Gained an Income," by "A Bread-Winner," records an experience with a lesson that should be useful to many.

The April CENTURY makes a new departure in printing a story told wholly in pictures. The artist is André Castaigne, whose World's Fair pictures and other drawings for The Century are well known. The subject is the course of the emigrant "From the Old World to the New," and the scenes represented are typical experiences, "In the Fields of Old Europe," "Hard Times," "On the Deep," "The Land of Promise," etc.

Next in importance to the Fair is THE BOOK OF THE FAIR, by Hubert H. Bancroft, in which more fully than in any other work, is reproduced the characteristic features of the great Exposition, in a manner worthy of the subject. Without the Fair there could be no Book of the Fair, but without a Book of the Fair, which renders perpetual the beneficial influence of the Exposition, the grand display would soon drop out of mind, and its influence become in a measure lost.

OUR DAY, a record and review of current reform, published in Boston and edited by Joseph Cook, comes to us full of good things and is timely in every particular. The department of "Vital Points of Expert Opinion" is a popular feature of this publication. The leading divines of the country are regular contributors to its pages.

The March-April number is now out.

BABIES

ought to be fat and show their dimples when they laugh. Thin babies are rarely interesting simply because they don't look well.

Scott's Emulsion

the Cream of Cod-liver Oil and Hypophosphites of Lime and Soda, is a natural, palatable, easy food for babies and all growing children. It gives them materials for growth. *Physicians, the world over, endorse it.*

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### Weak Mothers

respond readily to the nourishment of Scott's Emulsion. It gives them strength and quickly restores health.

*Why should you go contrary to your physician's advice by allowing some inferior preparation to be substituted for SCOTT'S EMULSION ?*

Prepared by SCOTT & BOWNE, Chemists, New-York City. Druggists sell it.

## GENERAL NOTES.

We have received from the Denver Surgical Instrument Company, one of the Denison Inhalers and Exhalers. Upon investigation we notice that its claims are not extravagant. It is not a cure-all, though if used assiduously, according to the Doctor's directions, it comes nearer being one than any of the thousands of things so advertised. His gymnastic, antiseptic and oxygenizing inhaling method is of course antagonistic to nearly all chronic respiratory diseases and is certainly more reasonable than trying to reach them by dosing the stomach; yet it is for lung disease, especially tuberculosis, that Dr. Denison puts forth this his latest invention. Its effects, when persistently used, with effort and during long breaths for the respiratory act, are not like those claimed in the high altitude treatment of consumption. Price \$3.00 each.

Just at this season, when people are planning where to go to spend the summer season for the benefit of their health, we want to call attention to the Warsaw Sal Baths, located at Warsaw, N. Y. Location is generally looked upon as an important requisite, especially if the elevation is a good distance above the sea level. These baths are 1,500 feet above the level of the sea and has a beautiful commanding view. Too much cannot be said of the wonderful and effective treatment one receives at these baths who have such ailments as rheumatics and nervous troubles.

Write for a beautifully illustrated album of views to W. E. Miller, Manager.

One of our subscribers wrote us in this wise: "Can you recommend any book containing prescriptions of highest authority for the cure of catarrh and relief of hay fever?" We simply ordered the letter sent to F. J. Cheney & Co., Toledo, Ohio, who offer \$100 reward if they do not successfully treat catarrh.

Hall's Catarrh Cure stands very high.

Professor Birkholz, of Chicago, as will be seen elsewhere in the Journal, offers to cure bald heads, or no pay. Try and see if his verification is not true.

The Buffalo Lithia water is one of the best on the market for the troubles it advertises to cure. When they make a statement that a dyspeptic can eat bacon and cabbage easily by the use of this water, it, perhaps, seems incredible, but, however, it is true. They have such testimonies to prove their guarantee.

### THREE QUEER CLIMATIC CONDITIONS.

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## HALL'S JOURNAL of HEALTH

ESTABLISHED 1854

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# HALL'S JOURNAL OF HEALTH

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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## SURGICAL DISEASES.

WILLIAM WATSON HALL, M. D.

Multitudes perish prematurely, or suffer dreadful agonies for years in consequence of neglecting slight deformities in the body, or swellings, or protrusions, which, although they may give little or no pain, do, nevertheless, sometimes lead to deplorable results ! Hence it is thought a public benefit may result from making some plain statements in reference first to ailments which may require surgical treatment. It is a common but very erroneous opinion that surgical interference must necessarily be accompanied with pain and danger to life ; that the knife must be used and blood must flow.

The fact is, that in the hands of a skillful surgeon, the cases are rare which require anything more than a very small amount of heroism to bear. In cases where the patient is of a very nervous temperament, a slight inhalation of ether or other anæsthetic will render him insensible to pain during the very few moments of the operation. In the majority of surgical operations, in ordinary practice, there is a lessening of pain from the instant of the first touch of the instrument, especially such as are required for strictured passages, displacement of various organs, the application of topical remedies, and the adaptation of the various kinds of mechanical support, and the life. Surgery is a science, hence its practice is not uncertain. It is based on physiological law ; it is an art founded on anatomical knowledge, and experience in the use of proper instruments and remedies. The success of a surgical operation can be predicted with great confidence, if properly performed, provided the vital status is not too much impaired by extraneous or unforeseen circumstances, such as great loss of blood or nervous depression from some terrible injury, or exhaustion from some

wasting or malignant disease. The writer's labor as a practical anatomist during many years, and his experience in surgical diseases, authorize him to speak and act with authority in the premises ; and first as to

#### TUMORS IN GENERAL.

If a tumor is taken from the body, "surgical repair" is necessary to a perfect cure ; this is a process by which lymph, or the fibrous portion of the blood is thrown out and wakes into life, becomes a part of the living body, and by this means all wounded or fractured parts are repaired and become united, and cavities are filled up and obliterated.

A tumor is a preternatural eminence existing in any part of the body ; when external, it is more or less a deformity ; very often painful, and sometimes inconvenient, especially when large. Sometimes, after remaining inactive for years, they suddenly become malignant and prove speedily fatal. A tumor may be transient, as when caused by effusion or inflation ; these the skillful surgeon will remove by promoting their absorption, or will otherwise cause them to disappear without violence ; the charlatan or the youngster removes them with the knife or terribly burning applications, and then boasts of having cured cancer or malignant tubercle.

PERMANENT TUMORS may be caused by the impaction of a foreign substance, by some unnatural growth of parts or organs, deposits of water or blood, of calcareous and other matter ; by hernia, by the dilation of large vessels, as aneurisms. They may be of all sizes, from a wart to a mass equaling in size the whole body ; they may be cancerous or otherwise extremely dangerous. When there exists the slightest doubt as to their true character, an honorable, conscientious, and experienced surgeon should be promptly consulted.

Many, very many cases are on record, where incalculable mischief has been done by ignorant interference. It must not be inferred that all tumors must be removed with the knife.

Many can be removed by re-absorption, some by tapping, and others, as aneurisms, by tying a string around a proper blood vessel.

#### FACE DEFORMITIES.

Sometimes persons are born with a want of the features, with deformities in the skin, such as "mother's mark," moles and the like. Deformities may arise after birth from disease or injury, such as pitting

from small pox, scars from scrofulous abscess, burns, scalds, cuts and fistula ; then again, there is a loss or deformity of features by disease or violence.

#### MOTHER'S MARK.

When small, or of a form which facilitates removal, it is readily removed and should be done as soon as possible in infants and young children, in order to prevent increase in size.

Very often, after the healing of an abscess, there remains an unsightly puckering of the skin. In almost all such cases a portion of the surplus skin can be removed with great nicety.

#### BURNS.

When the skin has been destroyed by a burn, the wound contracts during the process of repair, and draws the adjacent skin with it, as in pulling down the side of the mouth or eyelids, or exposing more or less of the mucous membrane of the lower eyelid, which, by dust lodging on it, and by the constant change of temperature, a permanent source of irritation is set up, endangering vision.

In extensive burns about the neck, the skin contracts so much that the lower jaw is drawn down to the extent of preventing the mouth from closing completely, causing a hideous appearance, while the constant dribbling of saliva from the corners of the mouth is an incessant and mortifying annoyance.

Here defects, large and small, can be remedied by proper operative procedure and moles, hair, discolorations of the skin, and other unsightly appearances can be removed without danger or suffering, scarcely leaving the slightest trace ; and yet there are multitudes of parents who, under the impression that these things cannot be remedied, allow their children to grow up with these blemishes, which in too many cases is a life-long martyrdom to them from their constantly growing sensitiveness in relation to them.

Such a result is greatly to be deplored, and many a heart ache may be prevented as to a lovely daughter, or promising son, if different and more truthful views as to such things can be disseminated in the pages of a practical and popular journal like this

#### FISTULAS.

A fistula is an ulcerated channel extending under a surface ; hence it may exist in any part of the body. It is sometimes caused in the face by a stoppage of the ducts which convey the saliva from the



glands or springs from which it comes ; or by some disease in the gland itself ; or from an unhealed wound or dead bone.

In any case, the cause of the mischief should be ferreted out and the proper remedy promptly applied.

#### EYE DEFORMITIES.

One of the most common of these is "strabismus," or squint. It is a want of uniformity in the position and motion of the eyes. The radical cause is the contraction of one of the muscles which move the eye ball. A cure is effected by a division of the tendon of the muscle. The operation is simple, safe and effective, without in any way involving the eye itself or endangering the sight.

The eye lid may be inverted and the eyelash being in contact with the surface of the eye inflammation arises, ending in opacity and blindness, unless the defect is remedied ; or the eyelid may be everted, turned outwards, and come in contact with foreign matter which will damage the sight. Sometimes small tumors are found in the eye lids ; these can be easily and promptly removed and with the most perfect safety.

#### WATERY EYES.

Or "fistula lachrymalis," is caused by a stoppage of the canal which conveys the tears or water from the eye to the nose, hence the water overflows and runs down the cheek, causing considerable discomfort and inconvenience always, and sometimes inducing irritation and ulceration ; this is speedily, easily and perfectly remedied.

When an eye is lost or very much deformed, it can be safely removed and an artificial one substituted, which will give the outward appearance of a good eye.

#### NOSE.

The nose may be lost or deformed by internal and external tumors ; of the latter variety nasal tumors or polypi are the most common : these fill up the nostril, impede breathing and speaking, and are a source of incessant annoyance. These are readily taken away, and the sense of relief is instantaneous and most agreeable. Sometimes nine parts, or even the whole of the nose may be wanting or lost by disease, accident or otherwise. In such cases repairs are made from the adjacent living skin, and a new nose of natural flesh and blood can be re-supplied ; and in rare cases, where there is a grievous disfigurement of the face, the misfortune can be remedied in whole or in

part by means of skin taken from the arm, and with comparatively little suffering.

#### PILES.

Or hæmorrhoids, is the most common of all rectal diseases. The urgency of the symptoms varies with the character of the malady. Piles are small blood tumors near the edge and extremity of the lower bowel, and are caused by the enlargement of the blood vessels of the parts.

Piles are internal and external. The internal are tumors varying in size from a pea to a walnut, or larger; they are a dark-brownish or bright-red color, according to the degree of inflammation present. They cause great inconvenience and sometimes most acute suffering at every evacuation.

Some persons are totally prostrated for two or three hours afterwards, lying on the bed in the meanwhile in a state of great suffering. The thickened and vascular condition of the inner lining of the parts, the mucous membrane, being exceedingly liable to bleed from straining and pressure.

#### EXTERNAL PILES.

Are tumors at the edge of the anus, covered with skin and mucous membrane. They are external to the muscle which closes the anus, and are called blind piles because they do not bleed.

Whatever interferes with the circulation of the blood about the parts causes piles; fullness and tension of the abdominal vessels does the same thing. The most common cause of piles is constipation, liver diseases, and pregnancy; at least these used to be the most common causes, but of late years the ailment has been most frightfully aggravated in character, and increased in numbers by the indiscreet use of aperient and purgative medicines, whether in the shape of pills, or waters from celebrated springs, or other liquids.

Worms are also a cause of piles. Piles may be indolent or inflamed. When indolent, their inconvenience results from their size and situation and the pain arising from their coming within the grip of the sphincter muscle, that which closes the lower bowel after defecation. When inflamed they occasion pain, heat, itching, fullness, and a feeling of tension, a feeling as if there was something to come away, and yet it cannot be made to do so.

These and other symptoms may be complicated with inflammation

of the bladder, pain in the thighs, back, etc.; sometimes it is an aching feeling, and there are mucous discharges.

The skillful surgeon feels himself perfectly at home in all these ailments, and affords speedy and most grateful relief and permanent and perfect cure, when of comparatively recent origin; but when they have been long neglected and there are marked inflammatory symptoms, a cure is effected in one or two ways, either by applications to the surface or by ligature.

Piles should not be cut or removed by the knife. The long continuance of piles is always destructive to health, and invariably shortens life, making it meanwhile, in a great many cases, a torture and a burden

#### WARTS

and other excrescences about the anus are usually removed by external applications.

### MISCELLANEOUS PARAGRAPHS.

#### COWS AND CONSUMPTION.

There can be no doubt that the use of the flesh of cows and of unsterilized cows' milk is one of the most widely active causes of consumption, and one which has been very aptly designated "the eat white plague of civilization." The fact has been known to the medical profession for many years, and yet no very radical measures have been taken with reference to the suppression of this cause of disease, which is accountable annually for many times more deaths than cholera or any other of the epidemic diseases.

Beefsteak is consumed in greater quantities than ever, owing to its cheapness, and cows' milk is swallowed at all times and at all places without the slightest inquiry into its antecedents, and without the adoption of any means for the destruction of mischievous bacteria which the lacteal fluid may contain. Dr. E. F. Brush calls it "the wet nurse of consumption," and makes the following observation concerning the relation of cows to this dreadful disease: "The most prolific females in the human race usually secrete an abundance of milk, because in scrofula there is an unusual tendency to corpulence and activity. As the mammary is the highest glandular structure, it is stimulated to increased action. A cow is usually the largest milker, and the closest kind of

consanguinity has been practised by cattle breeders, with the object of producing a scrofulous animal, not because she is scrofulous, but because the particular form she represents are the largest yielders of milk. We find, too, that consanguineous breeding has been alleged as one of the causes of tuberculosis in the human race, where it never can be conducted with so close and intimate blood relatives as in the dairy animals. The absence of phthisis in high, dry, mountainous regions has been accounted for by reason of the altitude and absence of moisture in the atmosphere; but here occurs a somewhat curious fact; namely, that the cow does not thrive in high, dry, mountainous districts, but in the low, swampy, moist region, where the succulent and bush grasses grow, is the place where the cow flourishes, and it is in these regions also that tuberculosis abounds in both the bovine and human subjects."

#### THE SCIENTIFIC USE OF FOOD.

Food is eaten, digested, assimilated, and consumed or transformed in the body by a series of highly intricate and complex processes. It is for the most part used for the different powers and activities of the system; there is, however, always a small portion which is rejected as waste. The first change is in the mouth, where the food is broken up and moistened and the digestion of starch begins; these changes continue in the stomach until the whole is reduced to a more or less liquid mass. As the contents of the stomach pass little by little into the duodenum, the mass becomes more fluid by the admixture of bile, pancreatic juice, and intestinal juice, and, as it passes along, absorption takes place; the mass grows darker in color and less fluid, until all good material is taken up and only waste left, which is rejected from the body.

That portion of the food which is not affected by the single or united action of the digestive fluids is chiefly of vegetable origin. Hard seeds, such as corn, and the outer coverings of grains, such as the husk of oatmeal and those parts which are composed largely of cellulose, pass through the intestinal canal without change.

It may be remarked here that since the digestive mechanism is so perfect a structure, and will try to dissolve anything given it, and select only that which is good, why should there be the necessity of giving any special attention to preparing food before it is eaten? The answer is that the absorptive vessels cannot take up what is not there;

neither can the digestive organs supply what the food lacks; therefore, the food must contain in suitable proportions all the substances needed by the body. Also, food which contains a large proportion of waste, or is difficult of digestion from over or under cooking, or is unattractive by insipidity or unsavoriness, overworks these long suffering organs (the extra power or force needed being drawn from the blood), and causes the whole system to suffer. Mal-nutrition, with the long line of evils which it entails, is the cause, direct, or indirect, of most of the sickness in the world, for it reduces the powers of the system, and thus enfeeble its resistance to disease.

---

### WAYS OF INJURING THE HEALTH.

Being irregular in all habits of sleeping, and eating too much, too many kinds of food, and that which is too highly seasoned.

Wearing thin shoes and stockings on damp nights and in cold, rainy weather; wearing insufficient clothing, especially upon the limbs and extremities.

Sleeping on feather-beds in seven-by nine bedrooms without ventilation at the top of the window; and especially with two or more persons in the same small bedroom.

Allowing the power of gain to absorb our minds, so as to leave no time to attend to our health; following an unhealthy occupation because money can be made by it.

Tempting the appetite with bitters and niceties when the stomach says no, and by forcing food into it when nature does not demand, and even rejects it; gormandizing between meals.

Marrying in haste and getting an uncongenial companion, and living the remainder of life in mental dissatisfaction; cultivating jealousies and domestic broils, and always being in a mental ferment.

Neglecting to take proper care of ourselves, and not applying early for medical advice when disease first appears; by taking quack medicines to a degree of making a drug-shop of the body.

Beginning in childhood on strong tea and coffee, and going from one step to another, through chewing and smoking tobacco, and drinking intoxicating liquors; and mental and physical excess of other kinds.

Leading a life of unfeeling, stupid laziness, and keeping the mind in an unnatural state of excitement by reading trashy novels. Going

to theatres, parties and balls, in all sorts of weather, in thin dresses; dancing until in a complete perspiration, and going home without sufficient over-garments through the cool, damp night air.

### SEA AIR AND MOUNTAIN AIR.

Sea air and mountain air, both being tonic, will undoubtedly improve the health that is already fairly good. Children almost invariably do well at the seaside, while mountain resorts are in general much less suitable for them. The same rule applies, though for different reasons, to the aged. Dyspepsia, especially if of hepatic origin, often does badly at the seaside, but well in the mountains. Skin diseases, especially eczema, are often aggravated by sea air. It is not clear that mountain air has any effect upon them. Struma, in all its protean shapes, does notably better at the seaside than any where else. The bracing marine resorts should generally be chosen. The existence of rheumatism, cardiac disease or renal disease is usually a sufficient reason for placing a veto on the mountains, bronchitis and emphysema do badly in the mountains, but often well at the more sheltered marine resorts. Obstinate insomnia is a contra indication against both sea and mountain resorts, and calls usually for the sheltered inland resorts. Milder cases of insomnia, however, are often much benefited both at the seaside and among the mountains. Hysteria does very badly in the mountains and often not well at the seaside. Here, again, if any change be desired, the sheltered and moderately bracing inland resorts will probably be found to be most suitable. Incipient phthisis often does well both at the seaside and among the mountains, and it is one of the most difficult points in therapeutics to choose wisely between the two. Without entering into this obscure question fully, we may safely say that if the phthisis be at all of a "strumous" type, sea air will be found most suitable; if of "catarrhal" origin, the moist and sedative marine resorts should be tried; and if quiescent and limited, in a constitution that is not neurotic, the mountains may have the first trial.

### SPONGING OUT A HEADACHE.

In case of an ordinary nervous headache from which women suffer so much, says an authority, remove the dress waist, knot the hair upon the head, out of the way, and, while leaning over the basin, place a

sponge soaked in hot water, as hot as can be borne, on the back of the neck. Repeat this many times, also applying the sponge behind the ears, and if the assertion of the writer is not a mistaken one, in many cases the strained muscles and nerves that have caused so much misery will be felt to relax and soothe themselves out deliciously, and very frequently the pain promptly vanishes in consequence.

Every woman knows the aching face and neck generally brought home from a hard day's shopping, and from a long round of calls and afternoon teas. She regards with intense dissatisfaction the heavy lines drawn around her eyes and mouth by the long strain on the facial muscles, and when she must carry that worn countenance to some dinner party or evening's amusement, it robs her of all the pleasure to be had in it. Cosmetics are not the cure, or bromides, or the many nerve sedatives to be had at the drug shop. Here again the sponge and hot water are advised by the writer quoted, bathing the face in water as hot as can be borne. Apply the sponge over and over again to the temples, throat and behind the ears, where most of the nerves and muscles of the head centre, and then bathe the face in water running cold from the faucet. Color and smoothness of outline return to the face, an astonishing freshness and comfort results, and, if followed by a nap of ten minutes, all trace of fatigue vanishes.

---

### SIT UP STRAIGHT.

Your backbone was not made for a barrel hoop; so do not curve it around, but rather straighten it out. God made man upright, not round shouldered, humpbacked or bending over.

If you bend over too much in your studies get a lower seat. Saw the legs off from an old chair, and then sit down so low that your chin will come just above the table, make the hind legs a little shorter than the fore legs, and then read and write with your arms on the table, and it will take out some of the crook from your back.

One mother whose daughter was getting the habit of stooping used to have her lie flat on her back, without a pillow, for an hour each day while she read to her out of some interesting book. In a little while she was as straight as need be, and a picture of health and strength.

In some countries the women carry pails, tubs and heavy loads on their heads. This keeps them erect. Throwing back the arms is another means of keeping straight. Remember, you may add years to

your life by standing up straight ; and you may not only have a longer life, but a stronger, broader, deeper, happier and more useful life, if you go about with head erect, chest expanded and lungs well developed, with rosy cheeks and fresh complexion, than you go about bent over, cramped up, stooping, flat chested, sallow, nervous and miserable.

Remember, "God made man upright."

---

### SACREDNESS OF THE QUESTION OF SANITARY LAWS.

The aristocracy only visit the cities in the season, and spend the rest of the year in the purest of atmospheres and the healthiest of mansions. Even when 'up,' they have a city within a city—spacious houses, wide streets, remote from manufacturing nuisances. Merchants, and the higher class of tradesmen, have the country or suburban villas, and, whatever the air they breathe in the day, spend the evenings nights and mornings far away from smoke and smell. All who can afford it, have their annual excursion 'to lay in' a stock of health and spirit for the year. It is not so with the vast majority. They have no such chances for health and existence. From hour to hour, day to day, and year to year, they must go on respiring in the same tainted atmosphere in which the majority came into the world. As we pass through the streets, and hasten, with mixed terror and disgust, first through one ill savor and then through another, by filthy corner, open grating, dark alley, or noisome workshop, we should remember that these airs of hell, the merest waft of which is enough to turn our stomachs, are the fixed conditions under which many thousands live and die. It is for them, not for us, not for the fortunate and free, that sanitary laws are needed. *Their* case imparts necessity and sacredness to the question.

---

### DISINFECTANTS AND DEODORIZERS.

The need for keeping down odors and destroying disease germs is never more urgent than in the summer season. The warmth and frequent showers which are so peculiarly our summer portion, are just the two things that will hasten decay, if opportunity offer. There is no lack of material for decomposition—within doors and without, despite the efforts of the careful housekeepers, dirt will accumulate. The misplacement of garbage alone is enough to lay waste half of a goodly community. Until all refuse from kitchens is burned, potato



parings, cabbage leaves, decayed fruit and countless other rejected food stuffs will disfigure yards, alleyways and streets. The rain and the sun beat down and soon a danger arises. Closets and cesspools that never annoyed before in the warm weather are often exceedingly foul. In cities, bad odors are forced into our very doors, and the only wonder is that we escape illness and death as much as we do. If we succeed in destroying foul smells we do much toward maintaining health. No more effectual deodorizer than copperas is needed for this purpose. It is also a disinfectant and therefore doubly valuable. Being cheap, every one can afford to use it. One pound dissolved in a bucketful of water and poured over a foul place almost instantly cleanses it.

---

#### IRON IN PHARMACY.

The pharmacopœia has long recommended iron wire as material for iron preparations. Musical wire being steel and, therefore, purer, is also often applied, and yields sufficiently pure preparations. More lately there have been recommended for this purpose soft steel drillings, as being cheaper, purer and not so difficult to dissolve as wire, which, by the various processes of forging, hammering, rolling and final drawing, becomes denser and harder. The more impure an iron the quicker it will dissolve, but the same piece of iron or steel will more rapidly dissolve the less it has undergone the mechanical treatments in question. Thus, if the immense amount of mechanical labor be considered to which an iron or steel bar is subjected in reducing its diameter to that of wire, it is argued that soft steel drillings, shavings or turnings deserve preference; in a word, the turnings and drillings of axes and steel boiler plate, which can be obtained at any steel works or machine shop, are ranked among the purest brands of iron, in the chemical sense of the word. According to experts, it may be considered a practical rule that any brand of steel capable of making good axle or boiler-plate will also yield pure preparations on dissolving.

---

#### LIME WATER.

The use of so homely an article as lime about the household are almost innumerable. One sees the hodman on a new building keep his drinking water in a pail coated with lime, and one thinks it is a poor receptacle for the universal beverage. Yet it would not be so good

or so pure served in a silver ice pitcher. A tablespoonful of lime-water in a glass of milk is a remedy for summer complaint. It corrects acidity of the stomach. It prevents the turning of milk or cream, and a cupful added to bread sponge will keep it from souring. Allowed to evaporate from a vessel on the stove, it will alleviate the distresses due to lung fever, croup or diphtheria. It will sweeten and purify bottles, jugs, etc. Lime itself, as every one knows, is invaluable as a purifier and disinfectant. Sprinkled in cellars or closets, where there is a slight dampness, it will not only serve as a purifier, but will prevent the invasion of noxious animals. It is one of the notable instances of the economy and the bounty of nature that this article, so common and cheap, is serviceable in so many instances.

---

### EXERCISES FOR WOMEN.

A celebrated physician, on being asked, "What is the exercise most conducive to physical beauty in women?" replied, very decidedly, "Walking."

Tennis he declared to be violent, and too much of it likely to lengthen the arms, and make the height of the shoulders uneven.

Cycling renders women awkward in their walk; they gradually come to move with a plunging kind of motion the reverse of graceful, and it frequently cultivates weakness of the back, which makes them hold themselves badly.

Riding is one-sided, and women who have habitually ridden for years usually have one hip higher than the other.

Croquet really does not give exercise, and after a survey of all the ways he knew in which women take physical exercise, he considered none so conducive to health and beauty of form as walking.

It ought to be persevered in and done in all but the worst weather, and particularly in winter.

---

### THE HYGIENE OF THE TEETH.

All caries of the teeth begins from the outside, no such thing as internal caries having ever been demonstrated; hence if the surfaces could be kept absolutely clean, no decay could take place, however poor the texture of the teeth. This is of course impossible, but much in this direction can be attained by attention to hygienic rules. Parents often ask their dentists and medical attendants: "When ought teeth

to be cleaned?" The answer assuredly is : "As soon as there are teeth." A very small tooth brush charged with some precipitated chalk flavored with an aromatic drug to make it pleasant, is perhaps the best means.

---

### MOUTH BREATHING.

It is a known fact that man can inhale through his nose for a certain time mephitic air in the bottom of a well without harm, but if he opens his mouth to answer a question, or call for help, in that position, his lungs are closed and he expires. Most animals are able to inhale the same for a considerable time without destruction of life, and, no doubt, solely from the fact that their respiration is through the nostrils, in which the poisonous effluvia are arrested.

---

### HOUSE AND HOME.

CONDUCTED BY LILLIAN WHITE.

HOME DECORATIONS.—A charming room is in pale shades of gray and pink, with touches here and there of vague buff or ecru to give warmth. In a north room it should have sash curtains of the latter line through which the light filters with a semblance of sunshine. For a warm, south room flooded with sunshine the old-fashioned Venetian blinds are a delightful acquisition during the summer months at least, for does not nature herself show us in every secluded woodland nook how enchanting is sunlight tempered by a green medium? The less pronounced China silks make soft and pretty draperies, and creton, though slightly less graceful in its folds, answers the purpose nearly as well for those who must consider expense. Lamplight, especially shed by the charmingly shaded lamps now in vogue is far more artistic than gaslight or the hard, glaring brilliancy of the electric bulbs. Indeed, a lamp with its garnishings may now be made one of the most attractive features of a room. Yellow or rose-colored shades gives the softest light, also—especially the latter—the most becoming to the complexion, a consideration which will not fail to appeal to most of us. Red shades produce a highly decorative light, but are very bad for the eyes, at least when reading or sewing. A blue shade casts a cold, pallid light, and makes even rosy cheeks turn ghastly pale, as may be readily realized by recalling how, whenever weird, uncanny effects are desired in a theatrical tableau, blue lights are thrown upon the scene.

**A SHOE BOX.**—A pretty shoe box is made by choosing a plain pine box with a hinged cover, and having it divided into compartments. Cover the sides with plaited cretonne, and finish around the bottom with a cotton fringe. The top is covered with the cretonne, plaited and tacked around the edge, the tacks being covered by a heavy cord, to match the fringe. The cretonne is drawn in full to the centre and finished with a rosette of the same or bow of ribbon. A long piece of the cretonne may be festooned around the sides of the box, if one desires to add to the fanciful effect.

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### THE DRESS.

**TWO STYLISH COSTUMES.**—A very stylish costume nowadays is of gray-faced cloth, with a simply cut shirt and Eton jacket, not too short at the waist, big revers and cuffs of apple-green velvet, covered with a rich patterned guipure of a creamy shade. This has a waistcoat of the gray cloth, to be replaced on occasion by a soft shirt of accordion-plaited cream silk. This costume in biscuit color, with royal blue in place of the green, is lovely. The other costume which demands notice is in Venetian red cord. This is a very curious material, green shot with red, which gives a most artistic result and would be very becoming to a certain style of brunette beauty. It has basque and plastron of black moire and a draped skirt, caught back with straps, fastened by large, richly embroidered buttons.

**ALL BUTTERFLIES.**—Butterflies are more talked about in fitting rooms than any other insect. Rosettes, shells, fans, minks' tails, black-birds and violets have had their day ; now the butterfly is supreme. The hat and the bodice are butterfly shape, in butter colors and black. There is a lace butterfly on the bosom, one on the belt and three at the foot of the skirt. Even the neckwear for men, boys and dude girls ties up in butterfly bows.

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### THE KITCHEN.

**CORONATION BISCUIT.**—Beat half pound of butter and three-quarters of a pound of white powdered sugar to a cream ; add six eggs, one at a time ; then stir in gently one pound of flour ; add a glass of orange juice, a little grated nutmeg and four ounces of orange peel chopped very fine. Blanch half a pound of almonds and chop them very fine.

Drop the biscuit mixture on buttered paper, having each about the size of a walnut ; sprinkle the chopped almonds over them and bake in a hot oven to a light fawn color. When cold take the biscuits off the paper and put each two together with a little strawberry jam. Serve in a pyramid on lace papers.

**MUTTON IRISH STEW.**—Boil four large potatoes three minutes and plunge them in cold water. Pour boiling water over two large onions, with one teaspoonful of salt, and washing soda the size of a pea, and cover ten minutes. Cut meat small. Lay a little bacon in an iron kettle, add half the sliced potatoes and onions, then seasoned mutton, then one-half pint of water, then other onions and potatoes. Simmer (covered) two hours. Shake pot occasionally, but do not lift lid.

**DAMSON CHEESE.**—Put some sound damsons into an earthen jar, cover it closely and place in a pan of cold water on the fire. Let it boil, and keep adding the water as it wastes away, until the fruit is quite tender. Then, while still warm, remove the damsons, skin and stone the fruit, and pass them through a sieve into the juice in the jar. Put one-half pound loaf sugar, broken in small pieces, to every pound of pulp, and boil all together quickly to a stiff paste. Crack the stones, blanch the kernels and add to the cheese, which should be boiled until it clings to the spoon in a mass and leaves the pan quite dry. Pour into pots and cover. Keep in a dry place.

**NEW CENTURY PUDDING.**—One cup of suet, one cup of sugar, one cup of milk, three cups of flour, one of raisins, one cup of currants, two eggs, half teaspoonful of salt, one teaspoonful of cinnamon, one teaspoonful of baking-powder. Shred and chop the suet fine ; stone the raisins ; pick, wash and dry the currants. Beat the suet, sugar and yolks of eggs together until light, then add the milk and flour ; beat until smooth, add the spices, salt and whites of the eggs, well beaten ; then add the baking-powder ; mix well and add the fruit well floured ; turn into a greased mould and boil continuously for three hours. Serve hot, with wine or hard sauce.

**VINAIGRETTE SAUCE.**—Put into a vessel six hard-boiled egg yolks rubbed through a sieve ; smooth nicely while beating with a spoon, and incorporate slowly two gills of good oil, two spoonfuls of cold veloute sauce, a little vinegar, mustard, pepper, chopped parsley or chives.

**SUGAR CANDY.**—Put in a shallow pan three cupfuls of granulated sugar, one-half cupful of water, one-half cupful of vinegar, and at the last one-half tablespoonful of butter with one-half teaspoonful of cooking soda dissolved in hot water. Cook quickly, without stirring, for an hour, or until it crisps in cold water. Pull while quite hot with buttered finger-tips and continue pulling until the candy is white. Chop into small pieces.

**ASPARAGUS TOPS, A LA MAINTENON.**—Have all of the asparagus of the same size, not too slender; break off the ends at the beginning of the tender parts into inch lengths; put the heads aside to cook separately; plunge the lengths into boiling salted water, place in an untinned copper pan, boil quickly, keeping them slightly hard, then wipe on a cloth, and put them into a thin sautoir with melted butter. Season, heat rapidly while tossing, then remove. The asparagus can now be laid in a little veloute and chicken juice; serve the asparagus in a vegetable dish, surrounded with croutons of bread shaped like a cocks-comb, fried in butter just when prepared to dish up.

**HOE CAKE.**—This is the real Southern hoe cake. The receipt was given by a Tennessee lady who makes it to perfection. The meal of the North is said not to be as sweet as that of the South, but if you will send sweet corn and field corn, half-and-half, to the mill and have it ground, I think you will not complain of the meal. Mix a quantity of the meal with water until it is too thin to be called a dough and too thick to be called a batter. Grease the griddle and spread the hoe cake upon it rather thicker than a batter cake. Brown on one side and then turn over. Eat hot with butter, and break off the pieces; don't cut it.

**VOICE FOODS.**—Vocal economy is important to singers, orators, statesmen, lecturers, teachers and people who suffer from colds; they and all women who have not pleasing voices should eat freely of graham bread, cracked wheat, apples, pineapples, grapes, grape-fruit and oranges. There are elements in these two classes of foods that act directly on the tissues of the throat. Wheat bread and pineapple is one of the cures for grip. Grape-fruit eaten before a public appearance will, it is said, put a reader, speaker or lecturer in a happy frame of mind.

## EDITOR'S OUTLOOK.

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CORRECT LIVING.

One of the simplest obligations imposed upon man by divine ordinance and conscientious intuition is that of living healthfully. Not only is it a plain duty, but an equally plain policy. Then why are the laws of health so frequently violated? Why do so many people overwork their brains, neglect exercise, persist in irregular and unhealthy habits and thus lay the foundation of disease?

A few, perhaps, from lack of knowledge, but far from lack of courage.

It is much easier to continue a bad habit than to break it up.

The former demands no efforts, the latter requires spirit, resolution and the exercise of will power.

Every one honors truth and sincerity, yet every one does not practice them. Temptations come, desires are strong, opportunities present themselves for the promotion of self interest by questionable methods, and we readily yield to the pressure, although we are fully alive to their inherent falseness and consequently injurious results.

How many people live beyond their means, year after year, living in the shadow of inevitable ruin because they have not the strength of mind to endure the disdainful looks of some set or clique who are regarded as the leaders of fashion, or to break away from the social bondage that is more degrading than the most abject slavery. We read most every day of men and women destroying themselves because they have not the courage to face a change of fortune, that they suppose would lower them in the eyes of their neighbor. So it is through the category of duties that are supposed to be difficult or disagreeable. Moral courage is required to overcome the dislike and the mental indolence that lead to their neglect.

Indeed it often takes more self-sacrifice to make those which have the appearance of being greater and more important. There is more opportunity for heroism in private life than there is on the battle field, and the victory is often more glorious.

The second season of the Summer Recreation Bureau in connection with this Journal will open with the June number.

All hotels and railroad and steamship lines are particularly requested to forward us circulars for use in this department.

Address RECREATION BUREAU,  
Lock Box 6, New York city.

Our Shopping Bureau under the competent charge of Madame Annette Josephine Page opens with the June number.

Our readers have the use of this Bureau at their disposal free of charge.

## LITERARY.

The Bancroft Company are progressing well with their **BOOK OF THE FAIR**, which is pronounced as the finest and most important publication connected with the great Exposition. In fact it has no rival; there are art works, and works of descriptive history, and catalogues, and directories, but there is no other publication which unites all in a complete and perfect historical and descriptive work of art. Its text is by Hubert Howe Bancroft, and its pictures by the best artists America and Europe can produce. Next in importance to the Fair itself, is a faithful reproduction of the Fair in printer's ink for permanent preservation. Most of the buildings will soon be torn down and their contents removed, but **THE BOOK** will remain, to teach and preach the world's completest civilization throughout all time. In this respect the representation is better than the original, because one is effervescent, the other immortal. For an important work, securely lodged in all the libraries of the world, cannot die.

In **THE CENTURY** for May, art plays a conspicuous part. The magazine introduces to American readers one of the most admired of contemporary French painters, Dagnan-Bouveret, William A. Coffin's article being, it is thought, the first article on him which has appeared in the magazines. The accompanying illustrations show substantial grounds for Dagnan's popularity. The frontispiece of the number is an engraving by Henry Wolf of the portrait "La Bernoise," exhibited at the World's Fair. Other examples reproduced are the "The Pardon," "Horses at the Watering Trough," "The Conscripts," "The Consecrated Bread," "The Blessing," "Vaccination," and the salon picture of last year, "In the Forest." There is also a portrait of the painter, of whose important works no fewer than seven are owned in America. In the series of Old Dutch Masters, Timothy Cole, the engraver, contributes an example of the celebrated painter, Cuyper, from the Louvre, a landscape of much delicacy, with figures and cattle. Another branch of the designer's art is treated in a paper by Brander Matthews, "Bookbindings of the Past," of which a number of sumptuous examples are given. Mr. Matthew's paper is addressed to the general reader as well as to the book fancier. In the American Artists' Series there is an example of the work of Frederick W. Freer, "A Lady in Black."

The foreign policy of the United States receives special attention in the department "Progress of the World," of the **REVIEW OF REVIEWS** for May. The advantages to be derived by our people from the construction of the Nicaragua Canal, from our commercial position in the Pacific, and from using Pearl harbor as a naval repair and coaling station, are clearly outlined. The part played by the British Bermudas as a base of operations against the United States during the Civil War is recalled as an object lesson to those statesmen who seem over-fearful of any policy looking toward the annexation of Hawaii.

Whoever is curious to know why it is that few or no old men are found in the great Carnegie steel mills at Homestead, will get his curiosity satisfied by reading a remarkably vivid and exact description of the strenuous life and work there, which Mr. Hamlin Garland publishes in the June number of **McCLURE'S MAGAZINE**. Some



no less vivid and telling illustrations accompany the article. In this same number of *McCLURE's* appears also, with illustrations that do it full justice, a wonderful short story by Kipling. The physical obstacles that stand in the way of the discovery of the North Pole, and the chances of several important expeditions now in progress for overcoming them, are suggestively discussed by General A. W. Greely, one of the highest authorities on the subject. Another high authority on the subject of which he writes, M. de Blowitz, the famous correspondent of the *LONDON TIMES*, considers the threat which the immense armaments maintained in Europe constantly offer to European peace. Julian Ralph, known everywhere as a newspaper correspondent and a descriptive writer for the magazines, appears in the June *McCLURE's* in the new role of a poet, supplying a quite striking bit of verse. The peculiar dangers that attend the care and handling of wild beasts in captivity, are the subject of an interesting article by Cleveland Moffett, which is illustrated most effectively with wild beast portraits drawn direct from life. The "human documents" in this number are portraits of Cardinal Gibbons, Lord Roseberry, and Richard Harding Davis. The other contents of the number are an excellent short story by Octave Thanet; a further installment of the Stevenson-Osbourne novel; and a charming war episode—the story of how General Gordon gave aid and comfort to his enemy, General Barlow, at Gettysburg.—*S. S. McClure, Limited.*

The womanly side of Queen Victoria is pictured exceedingly well—and appropriately, too, in this the month of her seventy-fifth birthday—in an article on "The Womanly Side of Victoria," which Arthur Warren contributes to the May issue of *THE LADIES' HOME JOURNAL*. Among the pictures in the article, those showing the Queen at breakfast and in her pony carriage, are interesting and new. Frank R. Stockton gives two more of "Pomona's" characteristic letters, showing the heroine of "Rudder Grange" in various adventures in her quest for a social boom among the English aristocracy. Mr. Howell's literary biography under the title of "My Literary Passions," holds the interest surprisingly well. The editor questions whether all this clamor about this being "woman's century" is wise. The biography of the number consists of sketches, with portraits, of Mrs. Edward Everett Hale, the wife of the famous preacher-author, and of Miss Nancy Bailey, the wonderful woman indexer of England. Mrs. Burton Kingsland takes up the education and religious development of "A Daughter at Sixteen," and Alice Morse Earle, the author of "China Collecting in America," gives a delightfully humorous account of her attempts to secure "My Delft Apothecary Jars." Women everywhere are remembered in Miss Hadley's "Needle Honiton for Polished Tables;" "The Silks of the Summer" and "The Art of Dressing for Traveling," by Mrs. Mallon; "Materials for Summer Gowns," by Emma M. Hooper, and "Still Life in Oil Painting," by Mrs. Haywood. Thoughtful mothers will appreciate Miss Scovil's "Children and the Sabbath," and housekeepers will welcome the page devoted to "The Strawberry and its Uses." Altogether this May issue is singularly attractive and worth many times its modest price of ten cents. Published by The Curtis Publishing Company, of Philadelphia, for ten cents per number and one dollar per year.

*BLUE AND GRAY* for May (Philadelphia), "Memorial Day" number contains a charming poem in blank verse, entitled "Stonewall Jackson's Grave," by Mr. Ernest

N. Bagg, of Dorchester, Mass The poem is accompanied by a handsome floral setting in which is shown an engraving of the tomb of the great southern leader.

The reduction of the price of the *THE FORUM* caused a demand for continuous editions of the December and January numbers—proof that the best periodical literature with a serious purpose is well nigh as popular as literature and pictures designed for mere entertainment. This reduction in the price of *THE FORUM* has made it as cheap as the illustrated magazines, and almost as popular.

#### SOME FORTHCOMING DISCUSSIONS.

The Abnormal Business Condition and its Causes.—An article discussing the opinions of large groups of business men as to the exact condition and outlook.

Can the Democratic Party ever succeed as the Party of the Majority?

Phrases of Contemporaneous Socialism.—A series of articles by men who favor state control of various kinds of enterprises and criticism of their doctrines.

Ecclesiasticism and the Public Schools: Do we want Ecclesiasticism or Morality taught?—The Power and Purposes of the several organizations that oppose State Aid.

The New Tariff Bill: Democratic and Republican objections to it.

A Review and Study of Kipling's Writings.—Lowell: The Man as shown in his letters.

Another Series of Articles by Dr. J. M. Rice, on the Quality of the Work Done in the Public Schools; Comparisons of Results of Scientific Work and of Slovenly Work; another Special Investigation for *THE FORUM*.

Recent Progress in Surgery, especially the work of American Surgeons, Dr. Geo. F. Shrady.

The complete novel in the June number of LIPPINCOTT'S is "The Wonder-Witch," by M. G. McClelland. It is a charming romance of Virginia, beginning in war times, and happily concluded long afterwards. The title refers to a ring, which had a strange story of its own, and the supposed power of keeping its wearer constant to its giver.

Gilbert Parker's serial, "The Trespasser," reaches its close after carrying the hero through queer adventures and dire social and moral dangers.

"The Rumpety Case," by Anna Fuller, the well-known author of "A Literary Courtship," tells how justice was done upon a domestic tyrant by the joint action of Providence and an honest farmer, after the forms of law had failed to reach the case.

There are several contributions to the May ATLANTIC worthy of more than common note. One of them, "From Blomidon to Smoky," is the first of a series of four articles by the late Frank Bolles. The papers represent his last studies of nature, and were his last literary work. They were all the outcome of a summer excursion through Nova Scotia in 1893. The memory of Francis Parkman is honored by articles from his fellow historians, Justin Winsor and John Fiske. Mr. Fiske's paper is the longer, and all the space at his command has been used to appraise and illuminate Mr. Parkman's work with extraordinary clearness. Professor T. C. Mendenhall, in his article, "The Henry," on the newly chosen term of electrical measurement,

gives the American scientist, Joseph Henry, his rank with the great electricians of the world. Gilbert Parker, the young Anglo-Canadian, whose stories are coming more and more into notice, contributes a tragic tale of the Hudson Bay Company, "Three Commandments in the Vulgar Tongue." Mrs. Deland's serial, "Philip and his Wife," proceeds, in company with attractive papers of literature, art, and travel; and the gayety of the number is considerably enhanced by the appearance in the last of Sir Edward Strachey's "Talks at a Country House," of some hitherto unpublished rhymes by the delightful Edward Lear of the "Nonsense Verses."—*Houghton, Mifflin & Co., Boston.*

The *DELINEATOR* for June is called the Summer Number, and is a superb issue in every respect, the amount of practical and interesting reading matter being largely increased. The article in the College series describes a girl's life and work at Smith, and is written by a recent and brilliant graduate. There is also a very suggestive and entertaining paper on a grammar school commencement. Nursing as an Employment for Women, is ably treated by Louise Darche, superintendent of the New York City Training School for Nurses. An appropriate "pattern" article, in addition to the regular monthly issue, is on Dress for Summer Sports, and another, equally suitable to the time, gives information on Trunks and Trunk Packing. The opening chapter on Vocal Culture, by the author of *Delsarte Physical Culture*, is in this number, and should prove as beneficial as the series just closed. The papers on Hygienic Living are continued; and the confidence that should exist between mother and daughter is the theme of the article bearing that title. A Rosebud Party is described, and other contributions are How to Serve Small Fruits, Daintiness in the Home, the ever-popular Tea-Table Gossip, and Among the Newest Books. The articles on knitting, tatting, netting and crocheting show many original and attractive designs. The subscription price of the *DELINEATOR* is one dollar a year; single copies, fifteen cents.

Published by The Butterick Publishing Company (Limited), New York, and for sale by local agents and newsdealers.

THE AMERICAN FEDERAL TEMPERANCE QUARTERLY begins a new era in the "temperance cause." It is edited by three physicians, standing well up in the front ranks of the profession, and known by all who ever heard of them as staunch opponents of the use of alcoholics—Drs. N. S. Davis, T. D. Crothers and J. H. Kellogg. They are not the only doctors, by any means, who hold such views, but there are so many physicians still under the sway of past teachings and erroneous ideas as to the physiological status and therapeutic utility of alcoholics, that this new magazine, under such able leaders, is sure to serve a very useful purpose in educating the doctors on many important matters concerning which the public is accustomed to look to them for the last verdict of science. Judging from the copy in hand this magazine will not be edited in a manner only to interest physicians, but will contain much matter quite within the comprehension of all earnest people, and the small price of fifty cents a year puts it within easy reach of all who have no liquor bills to pay.

—LEHIGH VALLEY MEDICAL MAGAZINE.—This valuable journal published for the last four years as a quarterly, will now be made monthly. The transition will be made through its publication bi-monthly until next April. It is a medical journal that deserves success and it is gratifying to see the large share it has attained.

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## HALL'S JOURNAL of HEALTH

ESTABLISHED 1854

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# HALL'S JOURNAL OF HEALTH

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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JUNE, 1894.

No. 6.

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## SUGGESTIVE TO CONSUMPTIVES.

WILLIAM WATSON HALL, M. D.

An editor of one of the most honest and able Christian reviews in this country, who consulted me some years ago for a throat affection, and has been doing good service to the church for some time past, writes : " I shall ever consider myself greatly indebted to your good advice for much of the comfort and happiness I have enjoyed for some years past. Before I consulted you, I was rapidly becoming a confirmed invalid, afraid to venture out after night, confining myself to the house in all weather, except the finest and dryest. Since then, I have braved the winter's storm and summer's rains, and hardly ever think of regarding the weather ; and I take cold far less now than when I was so exceedingly careful."

Let our readers remember we are not housed into health ; on the contrary, many, very many persons " muffle themselves up," until before they are aware of it, they are stepping into the grave.

More people die of air-tight rooms than of unchinked log-cabins. Some years ago a young lady, from New England, consulted me. I did not believe that she had energy enough to undertake a sufficiently active course of life, for the several grave symptoms which presented themselves. She had lately married. Her beauty had been one of the commanding kind ; but it had faded away like a flower without water. Under the circumstances, with a cough that sounded as from a fathomless cavern, I laid down a program adapted to a long sea-voyage, whether it was better for her or not.

I felt confident she would die in a few months. But there is a persistence in a New Englander's purpose, male or female, when there is a laudable object in view, which defies calculation ; and instead of dying, she sent me, at the end of three years, a pithy dictum on the

treatment of consumption. It runs thus : " There is nothing like trying. Sister says I might have been dead, if I had been like some other people. Give my respects to Dr. Hall, and tell him I am very happy that, for once, his anticipations were not realized, though I think, that had I not learned my situation from him and improved the remedies he advised, I should not have lived. Tell him that, should he ever have a case similar to my own, to tell them to go to sea to the hottest place in the world, and take care of husband and a crew of men, all sick with yellow fever, and when they come home, go to housekeeping and do their own work. It is the best preventive of consumption I know of and if it does not cure, it lengthens one's days."

Now, as it so happened, that I have not always a New England girl, all the way from the state of Maine, to begin with, the prescription is an impossibility. Yet, these cases prove several very important facts, to wit : That HOUSING-UP WILL KILL ANY INVALID. A PERSON OF REQUISITE ENERGY MAY PERMANENTLY ARREST THE PROGRESS OF CONSUMPTION ANYWHERE, NORTH, SOUTH, EAST OR WEST ; for it is the out-door bodily activities and a wrought-up mind, which compels itself away from the contemplation of bodily infirmities, that replaces the hectic with the hue of health, throwing physic to the dogs. How long will it take mankind to learn these patent lessons.

Every year or two brings up a new cure for consumption and straightway some beautiful theory is fabricated, which fits in so well, that, with one glad accord, it is heralded throughout the land as the conqueror of life's worst enemy ; but by the time people have got into the way of guzzling the filthy stuff down by the gallon, the sage discovery is made, that just as many people die of consumption as before, as, witness the successive rages for brandy and salt, breathing oxygen, tar fumes, wood naphtha, cod liver oil, burnt bones and iron, medicated inhalation, sugar-house cure ; and latest, if not best, in Dr. Churchill's vaunted remedy, the various phosphates of lime, soda, iron,—everything. Common sense ought to tell us that any physician who had a certain remedy for consumption, would, in a year have the largest fortune on earth ; and more glad than all the world besides would the faculty be, to find such a remedy.

As proof, no sooner is a consumption cure proposed which has any claims to respectability as to source or quality, than it is at once tested and reported upon.

Medicated inhalation having neither, was allowed to die and leave no sign, and is only remembered by those whom it left with life enough to execrate it and its advocates, paid editors, and all.

We, therefore, urge upon our readers the necessity of falling back on first principles,—air, food, exercise, as much of each as can possibly be taken. Continuous bodily activities in the open air, with a mind intensely and pleasurably interested in some highly remunerative pursuit will cure any case of consumption whose cure is possible ; and if this fails, so will all else. When there are complications with irregular bowels, daily fevers, fullness or other distress after meals, irregular appetite, shortness of breath, which precludes the necessary amount of exercise with safety, any one of these imperatively requires the constant supervision of a physician of education, experience and candor.

With these conditions, any ordinary case of consumption, not in the "advanced stages," may get well any where, in Cuba or in Nova Zembla, summer or winter, as hundreds of intelligent, energetic men and women have testified, and other hundreds will repeat the testimony now.

At the closing of this article, a young lady writes, on returning from her spring rambles : "While in the neighborhood I accompanied a party of friends to the falls of Niagara, and tired them out, preferring to walk around Goat island instead of riding. On returning at night, I enjoyed a hearty laugh at them, particularly one effeminate city gent. I thought one country lassie worth a dozen such in a walking tour." Two years ago this lady was laboring under a dry cough, which lasted for hours at a time, debility, night sweats and a pulse of a hundred and ten, and has made herself what she is to-day, almost without medicine, but by the agency of out-door activities, afoot and on horse-back, carried out with indomitable persistency, even when the thermometer was at zero.

Away then, my reader, with physic and heated rooms and a southern clime, if the fell destroyer is threatening you.

---

### THE STOMACH.

If the stomach is allowed to fall into disease, life is rendered miserable, in spite of all the advantages that wealth or station can bestow.



Eating largely and late, is the most common cause of the long catalogue of neuralgias and dyspepsias which every where prevail, more or less, and are increasing in frequency.

As the day closes, we all become weary and the body yearns for the repose and rest which only the quiet chamber can fully give. The whole system is weak, feet, fingers, arms, everything. There is not a muscle in the body which does not participate in that tiredness. The stomach is a collection of muscles ! and these are called to work at each meal, and to dispose of that meal is a work of four or five hours. The more that is eaten the more work has to be performed. Any one can see then, the striking absurdity of giving an already weak stomach four or five hours work to do at the close of the day, of giving rest to the body by sleep and yet keeping the stomach hard at work until nearly daylight.

Its repose then, is the repose of exhaustion and it does not wake up for breakfast, any more than the body would, if kept out of bed long past midnight. Not being waked up, it does not call for food, and there is no appetite, no seeking, as the word literally means, for food. But another result follows from a hearty supper, or a very late dinner: the digestion of the food requires a large amount of nervous power, which must be supplied at the expense of the other parts of the system, but it requires, also, an extra supply of heat, which must be supplied in the same way, and the stomach will have it, whatever mischief may result to other parts of the body, leaving the body chilly ; which, in its severest forms is called in the south a congestive chill, where the engorgement of blood is so great as to oppress the powers of life, and a stupor pervades the whole frame, out of which it never fully wakes up again except, perhaps, for a single gleam at a time of partial consciousness. Hence, the impropriety at all times of going out into the cold air, of taking a cold bath immediately after a hearty meal, if the person is at all weakly, or is in a tired condition ; for the chilliness is only increased thereby, and a fatal result is the more likely to ensue.

A thousand times better would it be for this whole land, if not an atom of food was ever allowed to pass adult lips at a later hour than five o'clock in the afternoon. Such a practice, habitually and literally adhered to, would save more lives every year than are now destroyed by steam and sea and all wars together.

M. J. HARRIS, M. D.

## MISCELLANEOUS.

### THE MODERN SLEEPING ROOM.

A distinguished member of the New York Health Board, who is a specialist on sanitation and an enthusiast on the subject of contagion, laments the attractive features and artistic treatment of the modern sleeping room.

This fashion of "fixing up" the bedroom is radically wrong ; it is false economy, whether you view it from the domestic or sanitary standpoint, began the doctor the other afternoon.

We have had sleeping rooms long enough. What we need and should try to provide is bedrooms, one for every body. They need not necessarily be large, but they should be as characteristic as the modern bathroom, furnished with a bed, possibly a stand and a cane or wooden seat, and provided with at least two square feet of window space in direct communication with daylight.

What is the sleeping room? Well, that depends. Under some conditions of life it is the kitchen by day or the dining-room. Under others it is a parlor, study, workshop, living room. In a city like New York, where rents are regulated by the square foot, it is very often the whole house, the only home of the tenant, lodger or boarder. Take for instance, a student or a brain worker of any class. After dinner he or she, as the case may be, goes to her room. The gas or lamp is lighted and she reads or works two or three hours. Very likely she wears the same attire that has been everywhere during the day. At 10 or 11 o'clock these garments are laid aside, the light is put out and the tenant goes to bed.

Let us hope she sleeps. Whether the window is open or closed that room is foul and absolutely unfit for occupancy. Not only has the air been contaminated by breathing, but the one gas jet spoiled eleven times as much air as the individual. In other words, the woman consumed one gallon of pure air every minute and the gas burner eleven gallons. Any one coming into the room from the street would be overpowered by the carbonic acid gas. But this is not all the badness in the atmosphere. There is the clothes question. They were teeming with decaying particles from the body, the street and all the ills that pass in the day—with apologies to the authoress of "Ships." Woman's clothing is a more favorable medium of communicating

disease than man's, generally speaking. More material for a germ collection can be got out of a lady's walking dress than a gentleman's entire suit. It has been proved to the satisfaction of the medical world that the majority of contagious diseases supposed to be peculiar to child development are caught from the women in the household—mothers, nurses, big sisters or visiting friends.

This air in the sleeping-room, polluted and all, as it is, is taken into the lungs and breathed over and over again through the night ; instead of being cleansed of its impurities from the body, the blood has more poison forced upon it. Under these circumstances the individual may wake up with a headache, a tired feeling or conditions favorable to a cold, sore throat, etc. Soiled air cannot purify the blood, and if the blood is not purified health cannot be preserved. My idea of a sleeping room is a bedroom the size of a cell, so as to discourage decorators and house furnishers. Have the bed as simple in design as may be compatible with comfort. Sacrifice everything for perfect ventilation.

Many persons have an idea that ventilation means raising a window a little from the bottom or opening a door a bit to let in the air. It is a matter of indifference to them where the air comes from—the cellar, a basement kitchen, a stuffy hall, a damp court yard festering with disease, or the stable side of the building, teeming with poisonous materials. This idea is all wrong. Others think they must have the doors and windows wide open and a small hurricane trying to evolve itself out of the draught. This, too, is incorrect. Ventilation means providing admission for pure air and an exit for impure air. It is a trifle more important that the bad air should have a chance to get out than good air should get in, for in the exit of the former the latter will manage to steal in.

Lower the window a trifle at the top and bottom in cold weather and a great deal in fine weather. This will allow the fresh air to rush in below and by forcing up the hot air drive it out above. If you wish to prove that the impure air really goes out at the top opening, just hold a lighted candle near it and you will find that the blaze will be carried outwards by the escaping current ; if you hold the candle at the sill the flame will blow in.

To recapitulate, provide bedrooms and, so far as circumstances permit, use them to sleep in only ; dispense with all carpets, hangings and ornaments ; change the air in the room before retiring, and pro-

vide for the consumption of a gallon of fresh air every minute of the night.

Dress the bed in linen in warm weather and in woolens in cold weather if means allow; avoid cotton-filled comfortables, shoddy blankets and fur coverings, as by impeding circulation, they keep a bad atmosphere about the body; never go to bed thirsty or dirty; sleep with the mouth closed; sleep alone; have the sleeping hours as regular as dinner time—day or night, the latter preferred—and sleep until nature calls. Hang the shoes and clothing outside; the airing will do them good. Between the ages of 22 and 52 seven hours' sleep should suffice for the laborer and six for the brain worker. Children and old people require double that amount.

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### THE HYGIENE OF SORROW.

When a great misfortune enters into life, to become henceforward more or less a part of it, one of the greatest mistakes possible is the attempt to act as if nothing had happened, and to conduct everyday living exactly as before. This is an outrage on nature, which she resents sharply in the end. Pay-day comes sooner or later; and the overthrow caused by blinding catastrophe or earthquake shock arrives, even if deferred.

The nervous system requires complete rest after blows caused by sorrow. Recent medical observations show that the physical results of depressing emotions are similar to those caused by bodily accidents, fatigue, chill, partial starvation and loss of blood.

That grief prostrates, often causing disease and sometimes death, has long been known. The way in which such effects are brought about has been the subject of careful study by an observer named Bassi. Birds, moles and dogs, which apparently died in consequence of capture, and from conditions that correspond in human beings to acute nostalgia and "broken heart," were examined after death as to the conditions of their internal organs. The proper nutrition of the tissues had been interfered with, and the substance proper of various vital organs had undergone the same kind of degeneration as that brought about by phosphorus or the germs of infectious disease. The poison of grief is, therefore, more than a name. It is a real thing, which must be taken into account and provided for. To urge work, study, travel, and the vain search for amusement is both useless

and dangerous. For a time the whole organism is overthrown, and temporary seclusion is imperative for proper readjustment.

After a death in the family the custom of wearing mourning for a time has a distinct moral value. But the period of its use must be brief, for, worn too long, dense black draperies become a burden, an esthetic blunder and a source of ill health in themselves. The wise physican, who sees many causes and depressing results where others see only social customs and chance illnesses, would suggest a few weeks, a few months, perhaps a year, as the limit of time for mourning garments. The costume certainly has its place and is of definite value. There is nothing that will so surely secure consideration from strangers and silence from mere acquaintances. Bereavement is one of the touches of nature that makes the whole world kin. The soul sits dumb and makes all the outward protection that compassion would suggest for any creature that suffers.

When there is nearness of relationship to nature, rambles in the open air, days alone with the sea, alone in the forest, console as nothing else can. A quiet, silent drive, or even a short journey by rail, will often reveal a new heaven and a new earth to one fatigued and worn by sorrow. When music can again be borne it has a peculiar charm, a soothing power beyond words, and reconciles the half distraught mind to the toil and moil of every day living. Books, too, have their place, those gentle companions without speech, whose calm society helps annihilate time and space, and which always receive us with the same kindness. The familiar faces of newspapers and journals bring a stray comfort that even the tenderest heart is powerless to bestow. The care and companionship of children is another source of strength.

Children are not watching to see how the afflicted are bearing up under sorrow, nor are they waiting for some expression of sentiment or the overthrow of self-control. They take things as they come in blissful unconsciousness and prattle and gambol about regardless of the time of death, of days of tribulation and crushed ambition. They bring hope and forward-looking thoughts. Their little wants are so imperative, their demands for attention so insistent, that for the moment, at least, introspection becomes impossible. A child is always the best comforter, uttering no word of sympathy, shedding no tear, yet rousing interest in life because its nature is sweetness and light.

Grief cannot be ignored, since it is one of the facts of existence ; neither can it be cheered up. It must be accepted and allowed to wear itself away. Time, the restorer, aided by solitude, by the companionship of books and children, together with the solace of music and routine tasks that gradually increase in moment and amount, are some of the aids to natural living. Readjustment comes slowly. The wound may sometimes ache, but it will cease to smart. On stepping-stones of their dead selves the afflicted rise to higher things far more rapidly now if the hygiene of sorrow and grief is once thoroughly understood. They must be regarded as conditions similar to acute infectious diseases. Seclusion, rest, sleep, food easy of digestion, fresh air, sunshine, interests that tax neither body nor mind, unusually minute care of the skin, exercise that does not fatigue—these are the requirements of proper treatment for this class of illness. The care of the condition following depressing emotion calls for the same treatment in greater or less degree.

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### CARE OF THE BODY IN SUMMER.

Every twenty-four hours the human body loses no small amount of heat by radiation from the surface during perspiration. But contrary to what might seem probable at first thought, this loss is oftener advantageous than otherwise.

In this way an escape pipe, so to speak, is provided for the human mechanism ; and just as the escape pipe of a steam engine is self-regulating, so, fortunately, the radiation of heat from the surface of the body is under control of the nervous system.

When the fact is made apparent to the nerve centres that the temperature of the body is getting too high, notice is immediately sent along the nerves to open wider the blood-vessels at the surface of the body ; with the result that the blood flows nearer to the surface, the sweat glands are stimulated to increased action, more water is excreted by them, and with the water goes off the heat.

Since it is by this means largely that the superfluous heat of the body in health as well as in disease is got rid of, it is clearly very important, especially at this time of the year, that the pores of the skin should never be allowed to become clogged.

With the increased amount of dust in the atmosphere, and its natural propensity for adhering to the perspiring body, the daily bath

becomes more of a necessity during the summer months than at any other time of the year. One should take great care, however, that the bodily temperature is reduced as nearly as possible to normal before the bath is taken. If the temperature is somewhat high, and the body perspiring freely, the danger of taking cold will be increased, by reason of the sudden congestion of the blood in the dilated vessels at the surface of the body.

Much of the advantage to be derived from sea bathing will be lost, unless the crusts of salt which form in the pores of the skin on the evaporation of the water are removed by subsequent brisk towelling or fresh water sponging.

Not only is the perspiration an efficient means of removing superfluous heat, but by this same channel go out many of the waste products of the body. These waste products are always relatively increased in the summer months, and so it is doubly important that during this trying season we should keep the skin in a healthy and cleanly condition.

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### CARE OF THE TEETH.

One of the most skillful dentists has given these rules for the care of the teeth :—

Use a soft brush and water the temperature of the mouth. Brush the teeth up and down in the morning, before going to bed, and after eating, whether it is three or six times a day.

Use a good tooth powder twice a week, not oftener, except in case of sickness, when the acids from a disordered stomach are apt to have an unwholesome effect upon the dentine. The very best powder is of precipitated chalk ; it is absolutely harmless, and will clean the enamel without affecting the gums. Orris root or a little wintergreen added gives a pleasant flavor, but in no way improves the chalk. Avoid all tooth pastes and dentifrices that foam in the mouth ; the lather is a sure sign of soap and soap injures the gums, without in any way cleansing the teeth.

At least a quart of tepid water should be used in rinsing the mouth. A teaspoonful of Listerine in half a glass of water used as a wash and gargle after meals, is excellent ; it is good for sore or loose gums ; it sweetens the mouth, and is a valuable antiseptic, destroying promptly all odors emanating from diseased gums and teeth. Be assured of the

genuine Listerine by purchasing an original bottle. Coarse, hard brushes and soapy dentifrices cause the gums to recede, leaving the dentine exposed.

Use a quill pick, if necessary, after eating, but a piece of waxed floss is better.

These rules are worth heeding.

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### HEADACHE.

The one great difficulty which is to be met with in treating nervous headaches, or so-called bilious headaches, is that once the headache has become severe, both secretion and absorption from the stomach are generally arrested, and that any medicine, which is taken by the mouth, when the headache is fairly begun, lies in the stomach unabsorbed and useless. Consequently it is sometimes almost imperative to treat such cases, when the headache is intense, by the subcutaneous injection of morphine. It may not frequently be noticed that if the headache comes on shortly after food has been taken—for example, an hour, or half an hour, after breakfast—the secretion will have occurred before the pain has commenced, and the gastric juices will dissolve the food. But the food will not be absorbed, and will be brought up in full quantity, but well digested, many hours afterwards—say in the evening. Should the headache, however, have become well established before breakfast, and food be taken, notwithstanding the pain, the gastric secretion is often arrested, so that the food will be returned, unchanged, at night. In consequence of this want of absorption, drugs administered by the mouth, after the pain has become severe, are of little or no use ; but if taken before absorption has ceased they frequently act like a charm upon the headache.

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### A CHILD'S HEALTH.

It is as cruel a thing to compel a child always to clear his plate, as it is at other times to refuse him more when he wants it. If you think the child is simply greedy, give him dry bread, but give him something. On the other hand, how often a child sickening in some fever has, by refusing food, even when sorely pressed, taught the mother wisdom. Again, children often have a hatred of certain articles of food. Fat, underdone meat, eggs, pork, liver, and other things are



often disliked by children, but a certain amount of fat and butter is desirable. In such cases it is unwise to press them beyond a certain point. Food eaten with aversion or under threats is pretty sure to disagree. Children should not be allowed to go too long without food, especially in the middle of the day. If they cannot come home to dinner, make sure they have a good substantial lunch, and see that it is eaten, and that money that may be given to get it is not spent in other ways. Children should eat slowly, and use their teeth well. All raw foods and starch foods should be very well masticated. Watercress and lettuce are good for children. The hair should be kept short in childhood in both sexes, but not shaved off as is sometimes done. The eyes of children should be carefully watched, and no reading or sewing by twilight or by a bad light allowed. The proper position for reading is with the back to the light, so that it falls full on the page. Near-sightedness is often caused by over-study, bad print, and imperfect light. The result is generally a squint. Any child that is suspected of being short-sighted or that squints should at once be fitted with suitable glasses; and it is a curious fact, however careless children are in other respects, their glasses hardly ever get broken. Another matter of great importance with children is their hearing. The ears of children are a constant source of trouble. Beware of neglected colds in the head, as they often lay the foundation of permanent deafness. Omitting to dry the hair after washing it is a common cause. Deafness is a frequent result of measles or scarlatina. It may arise from a "box" on the ears, or from a constant discharge.

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#### NAIL BITING.

The practice of nibbling at the finger nails is to be condemned, first, on the ground that the nails are thereby rendered brittle and unsightly, and secondly, because it is a senseless habit which makes the practice of it a source of constant irritation to the friends of any one who has the habit. The habit is usually acquired at school in early childhood, and steps should at once be taken to break it up. This may be done in various ways. It is usually sufficient to explain to the child the perniciousness of the habit, requesting him to be constantly watchful against it in himself, and to discourage the practice in every one else. Punishment is usually uncalled for. Strategy may be resorted to in case the habit is well established. The finger ends

may be dipped in some harmless preparation of a disagreeable or bitter nature, which will serve to remind the child what he is doing.

A French investigator has lately published the results of an elaborate study of the subject, chiefly in reference to the importance of the habit as an indication of nervous disease. His investigations have been pursued among the school children of Paris, among whom he found the habit widely prevalent. Of the total number of children examined, about one-third were given to the practice, the greater proportion being among the girls. The age at which the habit was most common was found to be between twelve and fifteen years. The investigator thinks he has discovered a remarkable relation between nail biting and a defective, or at least an impaired stability of mind and character, as all the teachers united in saying that the pupils addicted to nail biting were the poorest students. The boys were inclined to effeminacy, and the girls to slackness. Both sexes showed a lessened ability to sustain the attention, and were consequently the hardest pupils to teach. According to this French student the habit is best corrected by endeavoring to transform the unconscious act into a conscious one, thereby counteracting the tendency to a confirmed habit. It is doubtful if nail biting is indicative of anything more serious than a nervous temperament, which should be treated on general principles.

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### MEDICAL COOKERY.

The editor quite agrees with Professor Keen, the eminent Philadelphia anatomist and surgeon, who asserts that every physician should have as perfect knowledge of the kitchen and the proper methods of food preparation as of drug stores and the methods of compounding medical agents. Of the two, the knowledge of dietetics and cookery, would, in the writer's opinion, be found much more valuable than the knowledge of drugs. Both kinds of information are important, but a thorough knowledge of food stuffs and their relation to the needs of the body must be of inestimably greater value to the physician, than the information gained by the most thorough study of pharmacy and materia medica. Physicians frequently prescribe iron for anæmic conditions without considering that blood cannot be made of iron, but must be made, if at all, from the food. Strychnia is almost universally administered as a remedy for weak nerves, the fact that nerves cannot be

made of strychnia being ignored. Weak nerves can be improved by proper nourishment only. In proper nourishment lies the only remedy obtainable for nearly all chronic maladies. Hence the importance that the physician should be thoroughly posted on the subject of *materialia medica*. If a good cooking school and experimental kitchen could be connected with every medical college and every student be required to take a thorough course of instruction both in practical and theoretical cookery, and dietetics, a revolution in the methods of treating disease would quickly follow.

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### CARE OF A SICK ROOM.

A sick room that needs cleaning can be made fresh and sweet without sweeping and without dust, by wiping everything in it with a cloth wrung out of warm water in which there are a few drops of ammonia. The rugs and draperies, though there should not be any in the room, the doctors tell us, may be put upon the line for a thorough airing and wiped in the same way. The feather duster, which should be banished because it does no real good anywhere, except to stir up and redistribute the dust, is especially out of place in the sick room, where there may be, and doubtless often are, germs of disease in the innocent-looking dust. If the patient is in a nervous state a screen may be placed in front of the bed while the freshening goes on. If the room can be heated by a stove the noise of putting in coal can be deadened by wrapping the coal in paper before putting on the fire, and putting on the paper as well as the coal.

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### MEDICAL DON'T'S.

Do not forget that styes are danger signals, saying, "You ought to go to an oculist." Styes show a strained condition of the eye.

Do not forget that a child of two can soon be taught to swallow a pill quickly with a gulp of water, and when sickness comes the mother, the nurse, and the doctor will all be thankful for this little acquirement, which can be gained in the form of play, pleasantly and unconsciously between the courses of a meal.

Do not forget that a teaspoonful of Listerine in a half a glass of water used as a wash and gargle after meals is excellent. It sweetens the mouth, and is a valuable antiseptic, destroying promptly all odors eman-

ating from diseased gums and teeth. Coarse, hard brushes cause the gums to recede, leaving the dentine exposed.

Do not forget that the peroxide of hydrogen is a valuable gargle for irritated throats ; it has no taste, does not burn a sensitive throat, and is harmless if swallowed. Equal parts of the peroxide, glycerine, and water make an excellent mixture for gargling.

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### CARE OF THE SKIN.

If the skin be coarse looking and you desire to improve the texture, bathe it before going to bed in very hot water and good toilet soap and rub thoroughly with a coarse Turkish towel. Wrinkles are less apparent under a kind of varnish contained thirty-six grams of turpentine and three drams of alcohol, allowed to dry on the face. For pimples on the face use this receipt : Thirty grains of bicarbonate of soda, one dram of glycerine and one ounce of spermaceti ointment. Rub on the face ; let it remain for a quarter of an hour and wipe off all but a slight film with a soft cloth.

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## HOUSE AND HOME.

CONDUCTED BY LILLIAN WHITE.

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### THE HOUSE.

HOME DECORATIONS.—It is not well to follow the caprices of fashion in decorating your home. In the matter of wall paper, for instance, take into consideration the size and location of the room. If it receives the cold north light use a warm tinted paper, while a gray paper may look better in a room with a southern exposure. A delicate, retiring wall enlarges a small room, while a flaring, bold design contracts the apartment unto suffocation.

JARDINIERS.—Glass jardinieres are crowding out those of pottery, having silver rims and ornamentation, and are in many graceful shapes. Palms and the lovely star like "Australian Pine" are favorite plants for them. A gift of compliment and a very acceptable one.

JAPANESE ARTIFICIAL FLOWERS.—The popular Japanese artificial flowers are very decorative. They come in imitations of cherry or

almond blossoms and are striking imitations of nature. A bowl full of these charmingly lights up a drawing-room.

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### THE DINNER TABLE.

**TO SET THE TABLE.**—In laying the ceremonious dinner table be careful to see that the oyster fork goes on the right with the knives, the other forks on the left. The napkin also lies at the left, while the glasses are put at the right.

**NEW IDEAS IN SILVER.**—A new fruit dish is a large, crumpled, indented oval, on the bottom of which appears fruit in its natural tints.

**FLOWER LUNCHEONS.**—It is becoming quite the thing at smart luncheons and dinners to arrange a centre board, surrounded by individual tables, these latter in the shape of clover leaves, and each adorned with a differently colored flower. Before going to the dining-room the guests are presented with blooms similar to those upon the tables which they are to grace. Clover luncheons are more popular this spring than last. At pink and white functions the pretty field flowers figure largely. They are made up into great bunches, carelessly grouped, and are turned into moss-edged bowls, set about on mirrors that give the effect of tiny lakes dotted upon the delicate table napery.

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### THE KITCHEN.

**FAMILY SOUP.**—One pint of young peas one onion (if the flavor is liked), two small potatoes. Cover with water and boil until soft. Remove and rub through sieve (unless you like the vegetables in the soup, as many do). Now a pint of fresh milk, in which is rubbed smooth a tablespoonful of flour. Let it boil ten minutes and stir constantly. In the soup tureen have the yolks of two eggs and pour over them the boiling soup, stirring carefully to keep the eggs from growing lumpy. Season to taste with salt and pepper and a very little grated nutmeg. Serve with toasted bread or croutons.

**CELERY.**—Very few persons think of serving celery save in the natural state, but celery should be served in other forms. From the stalks and leaves, which are not desirable for serving raw, a cream-of-celery soup may be prepared. Any cook book will give directions, though it will not say it may be made from these pieces ; but it can, as

experience has taught me. Celery-in-cream sauce, as directed for cabbage, is a dish fit for an epicure. Prepare it in the same way. Scalloped celery also is very good. Put a layer in a shallow baking dish and cover with cream sauce. Sprinkle with buttered bread crumbs and bake quickly.

**FRIED PAN-FISH.**—Clean, wash and dry the fish with a cloth. Lay them in a flat dish, rub them with salt and pepper and dredge with flour. Have ready a frying-pan of hot, dripping lard or butter and fry to a light brown. In serving lay the head of each fish to the tail of the next one. Garnish with sprigs of parsley.

**CREAMED SHRIMPS**—Either fresh or canned shrimps can be used. If the former, they should be simmered in hot water for ten minutes. Remove the shells and head, using only the body part. Make a cream sauce as follows : Melt without browning, one tablespoonful of butter ; add one tablespoonful of flour. Stir until smooth ; add one cup of cream or milk ; stir continually until it thickens : add the shrimps ; stand over hot water until they are heated. Season and serve. Add chopped mushroom, if desired.

**STRAWBERRY PUDDING.**—Beat the yolks of four eggs and four tablespoonfuls of sugar. Add the juice of one cup of berries and two tablespoonfuls of hot water, and simmer until it thickens. Remove from the fire and stir in the whites of four eggs, beaten stiff, with two tablespoonfuls of sugar. Add one quart of very ripe strawberries. Serve cold with sauce made of one-half cup butter and one cup of sugar, stirred to a cream and piled on top.

**WARM WEATHER DISHES.**—Any cold vegetable can be made into salad. I wonder that any one eats asparagus hot ; it is so good cold. Scrape it thoroughly, boil till soft (about thirty-five minutes), lay away carefully till cold, then make French or mayonnaise dressing and pour over.

In making tomato salad scald the tomatoes first, then plunge in cold water, and the skin will come off easily. Set on the ice till cold, slice with a sharp knife, set the slices back upon each other, so that each tomato shall retain its shape.

Be careful always to avoid breaking the lettuce leaves and see that they are perfectly drained. Arrange the lettuce prettily in a glass dish and set the vegetable that accompanies it in the centre. Never add the dressing till it comes to the table.

**CHEAPER BREAD.**—In yeast-raised bread about one-tenth of the nutritious part of the flour is decomposed or destroyed to make the gas that raises the dough. Royal baking powder raises the bread mechanically, without the destruction of any part of the flour. The Royal baking powder, therefore, saves one-tenth of the flour. In other words, the flour required to make ten loaves of yeast bread will make eleven loaves, each of equal weight, when raised by Royal baking powder instead of yeast. Bread, biscuit and cake, made with Royal baking powder, may be eaten with impunity by persons of the most delicate digestive organs. The hot roll, muffin, or griddle cake raised by it is as wholesome and digestible as warm soup, meat, or other food.

Receipt for making one loaf : 1 quart flour, 1 teaspoonful salt, half teaspoonful sugar, 2 heaping teaspoonfuls Royal baking powder, half medium sized cold boiled potato and water. Sift together thoroughly flour, salt, sugar and baking powder ; rub in the potato, add sufficient water to mix smoothly and rapidly into a stiff batter, about as soft as for pound cake ; about a pint of water to a quart of flour will be required—more or less according to the brand and quality of the flour used. Do not make a stiff dough like yeast bread. Pour the batter into a greased pan,  $4\frac{1}{2}$  by 8 inches and 4 inches deep, filling about half full. The loaf will rise to fill the pan when baked. Bake in very hot oven 45 minutes, placing paper over first 15 minutes' baking, to prevent crusting too soon on top. Bake immediately after mixing.

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### THE DRESS.

**NEW VEILS.**—The new veils—which are not quite new, by the way—are becoming and have a fine net ground of the Russian order, closely powdered, with a raised chenille spot, and are edged with a thick cream colored applique lace design. They are made for the most part shaped so that they sit well over the toque.

Shoes in satin for morning wear in all colors should be under all circumstances comfortable. Patent leather continues to be always fashionable, except for tramping, when strong leather boots are the best to wear. There will be a great tendency for leathers in all colors this season, and the greater the variety the better.

**NO BRIGHT HUES.**—Covert suitings have quiet hues and as now shown offer the same variety in brown, fawn, drab, gray and tan as is found in the cheviots, tweeds and hop sacking displayed this spring, but they show no bright hues whatever.

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EDITOR'S OUTLOOK.

## RECREATIONS.

Many have gone to the seashore, to watering places or the mountains, to obtain more vigorous health and better appetites. From personal experience, summer and winter, we find right here in Gotham comfortable and enjoyable. If tired with city scenes and activities, ten cents will purchase a delightful ride on our cable cars. From twenty-five to seventy-five cents will give you a delightful ocean and river ride. In the summer time, we admit, that an early walk under green trees and beside running streams, with happy twitterings of innumerable birds, is delightful to think of ; but the realization is not delightful at all, for the dews of the grass and the dust of the road return the pedestrian with boots so soiled, the skirts so dragged, that the operation is not repeated in a season. If we wait until the dew has dried from the grass, the sun beams down so insufferably hot, that we are not tempted from the house at all ; and from eleven until three we literally pant and swelter, even at Far Rockaway.

To gain health and large mental profit at the same time, we advise all who can, to ride on horseback. If you are not financially situated as to be able to visit fashionable resorts or take ocean voyages, go to some retired country place, where board is always cheap, and the daily use of a horse at a low price, and spend every moment of that time on his back, with regular and rational habits of eating, drinking and sleeping, taking also a liberal amount of manual and pedestrian exercises in addition ; then and then only, may pleasure seekers reasonably expect to return to the city with bodies and minds re-invigorated for the pursuits of business.

Our Recreation Bureau enters upon the second year of its existence with this number, and it is with a pride and satisfaction that in the past we have been able to give assistance to a large army of our readers who have desired it, in planning their vacation. This department will in the future be made a special feature of this periodical, and we shall lend a hand to all those who desire to learn where to spend the winter months. Our information is complete. Simply write us your wants.

In this connection we do not want our hundreds of readers who are summering at the seashore, and in the mountains, to forget that our Shopping Bureau, under the personal direction of Madame Annette Josephine Page, is at their disposal. Any orders for merchandise or samples of goods will be promptly filled at just what they would cost you direct. Great care will be used in selection by one with years of experience. Address: Madame Page, care Hall's Journal.

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LITERARY.

TABLE TALK for June will be a welcome guest in every household where it enters, it is so full and complete in all its departments, which are teeming with good things, demonstrating as usual its position as the American authority on culinary topics and asserting its popularity throughout the land. To the young and inexperienced housewife who has the care of the direction of the kitchen, its helpfulness is invaluable. This month we find it full of menus for all sorts of occasions. One article of exceptional value and acknowledged authority is from the able pen of Miss Call, on the subject of



"Physical Culture," written especially for this magazine. The "New Bill of Fare" department is brimful of information for progressive women, and the department of Luncheon and Tea Toilets is up the latest notch. The Table Talk Publishing Co., Philadelphia, will mail a sample copy of this magazine free to the readers of this paper. Price, \$1.00 per year.

GODEY'S MAGAZINE for June is beautiful in illustration and brilliant in contents. The Baroness Althea Salvador, lady in waiting upon the Queen of Holland, contributes a most interesting article on the Paris Salon of 1894, with many illustrations of the artists and their works. The serial is a story of Munich life, called Chance, by Leon Mead, and Frederick W. Seward continues the recollections of his father in Seward's West India Cruise. All these are profusely illustrated. The short stories are by John Habberton, Rose Hawthorne Lathrop, Edgar Fawcett, Albert Hardy, Julia Magruder and William A. Ayres. S. Parks Cadman has an essay, Harry Edward Miller a sketch, and the poems are by Frank Dempster Sherman, Martha McCulloch Williams, Arthur Chamberlain, Edward Stratton, Emma J. Gompf, Norma Muir and Coggeshall Macy. All the departments are excellent, the famous Godey fashions appearing this month under the taking title of The Passing Show.

As befits the season, the June ATLANTIC has a restless air about it. A record of a summer spent in the Scillies by Dr. J. W. White, the eminent Philadelphia physician, is followed by a shipwreck-suggesting poem, "The Gravedigger," by Bliss Carman; Mr. Stoddard Dewey writes of "The End of Tortoni's," the famous Parisian cafe, closed a year ago; Dr. Albert Shaw explains how Hamburg learnt her lesson, even before the cholera struck her, and now is one of the most perfectly protected cities; Mrs. Cavazza gives a bright account of the marionette theatre in Sicily; Professor Manatt completes his excursion "Behind Hymetus," and Mr. Frank Bolles continues his wanderings in the Provinces. The fiction, besides Mrs. Deland's notable novel, is contained in one of Mrs. Wiggin's graphic series, "The Noonng Tree." A group of Carlyle's letters not before printed, and reports of his conversation, are given by his friend Sir Edward Strachey; a Western writer sounds the note of alarm in a paper on "American Railways and American Cities," and another Western professor treats of "The Scope of the Normal School." Among the papers in the readable Contributors' Club is a reminiscence of the Kearsage.—Houghton, Mifflin & Co., Boston.

The Bancroft Company, Auditorium Building, Chicago, are engaged in a work deserving of more than passing notice. It is the reproduction in book form in the highest style of art, of the entire Exposition. In THE BOOK OF THE FAIR, as the work is called, the great panorama will move from the past to the present, in logical and historical order. The reader will observe how the foundations upon which previous fairs were built, gradually broadened, and like some magical plant, he will see the unfolding of the ideas which are at the base of the Columbian Exposition. Having introduced this latest and greatest of world's fairs, the book will trace its evolution in all details, will show how it was built, and who were its chief founders, and then picture it not only in its general, but in its special features. In the evolution of the broad foundation upon which the Fair is established, in the erection of the fair itself, and in the presentation of the gorgeous and the bewildering spectacle which is now

before us, the pencil of the artist and the pen of the author will be complimentary, each assisting the other.

THE CENTURY for July has several articles appropriate to this patriotic season. In "The Star-Spangled Banner," John C. Carpenter retells the history of the national hymn, and there is a portrait of Francis Scott Key and a facsimile of the poem, now published, it is believed, for the first time. George Wharton Edwards, in the "Artists' Adventures Series," contributes a humorous narrative of the difficulties encountered by him while "Celebrating the Fourth in Antwerp." A timely paper on the new cruisers, with particular reference to the *Indiana*, of which there is a picture, is contributed by Albert Franklin Matthews, under the title of "The Evolution of a Battle-Ship." Mr. Matthews, by vivid facts and figures, gives definiteness to the vague imagination of the uninstructed reader in regard to the great fighting-machines which are now being added to the American navy.

The July number of MCCLURE'S MAGAZINE, in "The Heraldry of the Plains," by Miss Alice McGowan, and "A Chemical Detective Bureau," by Miss Ida M. Tarbell, continues a class of articles which have become one of the most acceptable features—articles exhibiting the picturesque side of very practical and matter-of-fact institutions. The first exhibits the humors and conventions of cattle branding as practiced on the great ranges of the Southwest, and the second describes the work of the Municipal Laboratory of Paris in promoting the public health. Both articles are well illustrated. Falling into the same class is an article which reports the observations and experiences of an actual workman in the great steel mills at Homestead. An article entitled "Alphonse Daudet at Home," by R. H. Sherard, relate, mainly in Daudet's own words, the story of his early life and literary struggles; and it is illustrated with interesting portraits and views of Daudet's town and country homes. The number is especially notable in short stories, containing one of Robert Barr's liveliest tales; a first-rate California story by Bret Harte; and a story that in the recent MCCLURE prize-story contest secured the two hundred dollar prize, "Told in Confidence," by Celia Eliza Shute. The Stevenson and Osbourne novel, "The Ebb Tide," comes to an end in this number with fine spirit and strength. The "Human Documents" portraits present Captain Charles King, the novelist of American army life, and Lord and Lady Aberdeen.

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The complete novel in the July number of LIPPINCOTT'S is "Captain Close," by Captain Charles King. It deals with the Reconstruction period, and relates the experiences of a newly fledged lieutenant in camp near Tugaloo, and of his very curious commanding officer. Louise Stockton begins a strong story, "A Mess of Pottage," to be concluded in the August issue. Other tales are "At Marrini's," a lively character sketch by Richard Hamilton Potts, and "A Case of Hoodoo," an amusing dialect tale from a Virginia police court. Ellen Olney Kirk depicts "A Roman Nurse," in her habit as she lives, with the pampered pride which marks her above her congeners in any land but Italy. Elizabeth Morris writes of "Mill-Girls" here at home. Francis Leon Chrisman tells the history of "The Conscience Fund" of the U. S. Government, and gives some recent examples of the contributions to it. Under the heading "A Scattered Sect," H. V. Brown describes a queer organization which flourished not long ago in England, and called itself "The Army of the Lord." In "Talks with the

Trade," "More Rudiments" are considered. The poetry of the number is by Celia A. Hayward, Zoe D. Underhill, and William S. Lord.

THE POPULAR SCIENCE MONTHLY presents a varied table of contents in its July number. The opening article by Logan G. McPherson, is on "The Meaning of Corporations and Trusts," showing that such combinations are natural results of well known causes. Several articles suggest subjects for observations during summer outings. Prof. Byron D. Halsted has an illustrated paper under the title "Sunshine Through the Woods," describing the rings and veining of several important woods. Alexander McAdie describes "A Colonial Weather Service," from the records of which we learn the temperature on July 4, 1776. Two full page pictures illustrate modern meteorological methods. Prof. James Sully contributes the first of half a dozen papers on "Studies of Childhood," the subject of imagination being first treated. Some curious structures are described and illustrated by L. N. Badenoch, under the title "Homes of Social Insects. In "Latitude and Vertebrae," Prof. David Starr Jordan presents a study in the evolution of fishes. "The Great Bluestone Industry" is described in an illustrated article by Henry B. Ingram. In "Lady Mary Wortley Montagu and Modern Bacteriology," the introduction of inoculation and vaccination for small-pox in England is described by Mrs. H. M. Plunkett. O. S. Whitmore gives an account of early trials in "Kiln-Drying Hard Wood." Dr. Lewis Robinson discusses "Acquired Facial Expression," bringing out some very interesting facts. Under the title "Savagery and Survivals," Prof. J. W. Black shows that many of our ceremonies, fashions, habits and notions have come down to us from savage forebears. There is a biographical sketch of "Heinrich Hertz," who has died at the age of thirty-seven, after making some of the most wonderful researches of recent years on light and electricity. The death of Prof. Billroth, of Vienna, is also noticed, and there are portraits of both men. New York: D. Appleton & Company. Fifty cents a number, \$5 a year.

There is no publication that comes to our Review table that fills a long felt want among the professions as the *Literary Digest*, published weekly by Funk and Wagnalls. It gives a terse review of all topics of interest discussed through the public press during the week, and when the physician is weary and has not the time to peruse the great dailies, in this publication he finds just what he wants. Convenient in size and ably edited. Price \$3.00 per year.

Seldom in this day and age of progress, does one find a field that has not been fully covered by the press. But one was searched out by the bright publisher of THE FOURTH ESTATE, E. F. Birmingham. A weekly eight page illustrated publication, especially confined to makers of newspapers. No newspaper man can afford to be without it and it is interesting to any one outside of the journalistic world. Price only \$2.00 per year.

## GENERAL NOTES.

### CHOLERA INFANTUM.

Physicians coincide in their views regarding the treatment of the summer diarrhoea of infants and children to a degree that enables it to be thus briefly summarized: Diet, emptying the alimentary tract, antisepsis. For the antiseptic treatment, Listerine

alone, or Listerine aquæ, cinnamon and glycerine, or, Listerine, bismuth and misturæ cretæ, will meet many requirements of the practitioner during the summer months.

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℞ Bismuth. sub. nit., dr. ss.; tr. opii., gtt. xx; syr. ipecac., syr. rhei, arom., aa dr. ij; Listerine, ℥ ss; mist. cretæ, ℥ j. *M. Sig.* Teaspoonful as often as necessary, but not more frequently than every three or four hours. This for children about ten or twelve months old.

Thirty-two pages devoted to the management of summer complaints of infants and children, may be had upon application to the manufacturers of Listerine.—Lambert Pharmacal Company, St. Louis.

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The summer season is upon us and where are you going to spend it? Comes to us through our Recreation Bureau. Of course, climatic conditions enter largely in the determinations and decisions of people who are now preparing for their departure from the heated cities. Elevation above the sea counts for a good deal to those who are fitted to cope with such surroundings; convenience as to reaching points of recreation must enter into the consideration and lastly, and a very important point, especially to those who are physically out of order is the facilities for giving back to one a healthy and vigorous body. We think we can give the large army of readers of the Journal the answer to such inquiries, and that place is the Warsaw Salt Baths, located at Warsaw, Wyoming Co., N. Y., especially if you are troubled with rheumatism or nervous troubles.

These baths are beautifully and healthfully located at an elevation of 1,500 feet above the level of the sea, commanding a beautiful view of Warsaw Valley, and can be reached by the main line of the Erie R. R. Our Recreation Bureau will give all needed information free if addressed, or address W. E. Miller, Box 103, Warsaw, N. Y., the manager, and he will give information. Remember your vacation is not complete without giving this beautiful spot a visit.

Among our advertising pages will be found a very useful household article the Sanitary Necessity. Affords all the convenience desired, especially for the sick room.

Look in the House and Home department and see what is said of Royal Baking Powder.

Among the soaps that have an established reputation is the Dobbins Electric Soap, and ten reasons are given for using said soap. The tenth one is concise and to the point. "So many millions of women use it because they have found it to be the best and most economical and absolutely unchanging in quality."

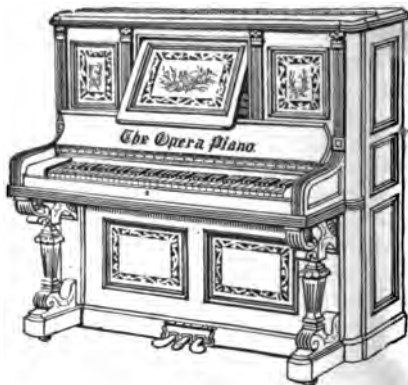
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ESTABLISHED 1854

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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SPI—ROM—E—TRY.

WILLIAM WATSON HALL, M. D.

Pronounced with the accent on the ante-penult, or second syllable, teaches the measurement of the breath, and, by a little license, the lungs themselves, as the breath is contained in the lungs. If a man has all his lungs within him, in full operation, it is possible for him to have consumption, whatever may be his symptoms, because consumption is a destruction of a portion of the lungs, and when that is the case they can no more have the full amount of breath or air than a gallon measure can hold a gallon after its size has been diminished by having a portion of the top off or removed. It becomes, then, of great importance to accomplish two things:—First, to measure accurately, and with as much certainty as you would measure wheat by a standard and authentic bushel measure, the amount of air contained in the lungs. Second, to ascertain what amount of air the lungs ought to contain in full and perfect health. The chemist has no difficulty in measuring out to you a cubic foot of gas. The gas which lights our dwellings and which burns in the streets of cities, when the moon don't shine, is capable of being accurately measured and so is the air we breathe with equal simplicity and certainty, even to the fraction of a cubic inch. Take a common tub or barrel, of any height, say two feet, and fill it with water; get a tin cup of equal length and of such a circumference that each inch in length should contain ten cubic inches of air or water, turn this tin cup bottom upward in the barrel of water, make a hole in the bottom of the tin cup, insert a quill or other tube into this hole, take a full breath, and then blow all the breath you can at a single expiration through this quill; the air thus expired gets between the surface of the water and the bottom of the tin cup, and causes the tin



cup to rise ; if it rises an inch then you have emptied from your lungs into the cup ten cubic inches of air ; if you cause the cup to rise twenty inches, then your lungs have measured out two hundred cubic inches of air and by dividing the cup into tenths of inches, you will be able to ascertain the contents of the lungs to a single cubic inch. This is a lung measure of the simplest form ; it must be so arranged with a pulley on each side of the cup, each pulley having a weight of half the weight of the cup, so as to steady the cup when it rises, and keep it at any point, as lamps are sometimes suspended in public buildings.

Being able then to measure the amount of air the lungs do hold, down to an inch or even a fraction of an inch, if desired, the next point to know is how much air ought a man's lungs contain when he is in perfect health ; for if a man in sound health can expire or measure out two hundred cubic inches of air, it is easy to see that if his lungs are half gone he can give out but one hundred cubic inches, and so of any other proportion large or small, and the grand practical conclusion is that when a man can breathe out the full quantity all his lungs must be within him, and the presence of consumption is an utter impossibility in that man ; and even if this was the only point to be learned, what a glorious truth it must be to the man who was apprehensive of his being consumptive, that such a thing is simply an impossibility, demonstrably so by figures and by sight. He can see it for himself without the necessity of learning doubtfully, so DOUBTFULLY, sometimes, on the judgment, or expressed opinion of his physician. To find out how much air a healthy man's lungs should hold, we must act precisely as we would in determining the quantity of anything else ; we must experiment, observe, and judge. We have decided long ago on the average weight of men, their average amount of blood, the average weight of the brain ; and surely there ought to be some method of determining the average amount of a man's lungs. But this last would not be sufficiently accurate. to make it safely practical ; we must be able to say to this man, your lungs, if sound and well, will hold so much ; and to another so much, for the amount of breath is as various as the amount of brain. A large head has a large amount of brain of some kind or color, and so a large chest must have a large quantity of lungs to fill it ; these are general truths only. If a man six foot high, and known to be in perfect health, will give out from his lungs at one expiration two hundred and sixty-two cubic inches of air, that is a fact to begin with. If a thousand healthy six-footers or ten thou-

sand, do not fail in one single instance to give out as much, then we may conclude that any other man as tall, who gives out as much, is also healthy *as to his lungs*, and at length the facts become so cumulative that we feel safe in saying that any man, six feet high, who can breath out at one single effort two hundred and sixty-two cubic inches of air, that man must have all his lungs within him, and that they are working fully and well. But if in pursuing these investigations, in the same manner as to healthful men five feet high, we observe that in any number of thousands not one single one ever fails to give one less than one hundred and sixty-six inches, and that any other number of thousands, five feet seven inches high, and in acknowledged perfect health, never fail in one solitary instance to give out two hundred and twenty-two cubic inches of air, then a thinking man begins to surmise that the amount of lungs a man in health has, bears some proportion to his height; this is found to be the actual fact of the case. And without being tedious I will give the result that for every inch that a man is taller, above a certain height, he gives out eight more cubic inches of air, if he is in sound health, as to his lungs. Let the reader bear in mind that these are the general principles, circumstances modify them. But I do not want to complicate the subject by stating those modifications at present. I wish the reader first to make one clear simple truth his own, by thinking of it, and talking about it, when occasion offers, for a month, then I may say more. But, for the sake of making a clear, distinct impression, let us recapitulate.

(1.) The amount of air which a man's lungs can expire at one effort can be accurately and uniformly measured, down to the fraction of a cubic inch.

(2.) The amount of air which a healthy man's lungs hold, is ascertained by cumulative observations.

(3.) That the amount thus contained is proportioned to the man's height.

(4.) That that proportion is eight cubic inches of air for every additional inch of height above a certain standard.

With these four facts, now admitted as such, inferences may be drawn of great interest in connection with other observations, which any reader who takes the trouble may verify.

Observation first : I have never known a man who was in admitted consumption and whose subsequent death and post mortem confirmed the fact, capable of measuring his full standard.

Observation second: In numerous repeated instances, persons have been pronounced to have undisputed consumption, and as such were abandoned to die, but on measurement they have reached their full standard, enabling me to say that they had not consumption, and their return to good health and their continuance in it for years after, and to this day, is an abiding proof of the correctness of my decision.

Observation three: No persons have come under my care, who died of consumption within a year, who, at the time of examination reached their full lung measurement.

Observation four: Therefore, any man who reaches his standard, has reason to believe that he cannot die of consumption within a year, an assurance, which, in many cases, may be of exceeding value.

Observation five: As a man with healthy lungs always reaches his full standard, and as it is impossible for a consumptive man to measure his full standard, then it may be safely concluded that a man cannot die of consumption while he gives his healthy measure, and also that he who cannot measure full, is in danger, and should not rest a single day until he can measure to the full.

When persons are under medical treatment for deficient lung measurement, accompanied with the ordinary symptoms of common consumption, they improve from week to week in proportion, as they measure out more and more air from the lungs; on the other hand, when they measure less and less from time to time, they inevitably die. With this view of the case, the reader will perceive that as a general rule a man can tell for himself as well as his physician, whether he is getting well or not.

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### FACIAL SPASM.

JOHN B. ROBERTS, A. M., M. D.

Facial spasm, histrionic spasm, or mimetic causes irresistible twitchings of a few or many of the muscles of the face supplied by the 7th cranial, or facial nerve. This condition is quite different from muscular spasm secondary to a paralyzing lesion involving the nerve.

The disease may be caused by tumors, softening of the nucleus, or other organic changes in the pons, in the corresponding centre in the cortex of the opposite side of the cerebrum, or in the nerve itself; or it may depend on unknown or nutritional changes and be called functional or idiopathic. Falls on the head, mental shock, anemia, the

neuropathic diathesis, and irritation of the trigeminal nerve, as well as other reflex agencies, appear to have been efficient causes. Gowers mentions an instance supposed to have been due to the habitual muscular movements resulting from snuff taking. The majority of cases have no discoverable organic causation.

The spasms are usually clonic, are unattended by pain or palsy, and are generally limited to the muscles supplied by the upper branches of one facial nerve. The orbicular of the eye-lids and the zygomatics are most frequently the muscles involved. Both nerves may be involved, however, and the muscles supplied by other nerves than the facial are occasionally thrown into spasm secondarily. Thus the muscles of the tongue, of the jaw, and of the neck and arm may be finally involved. The momentary contractions occur with great rapidity and resemble the movements produced by application of the faradic current to the nerve. Exposure to bright light or cold, emotion and similar excitants increase the twitchings. Tonic spasm is sometimes associated with clonic spasms.

The disease, which may have a remittent or an intermittent character is difficult to relieve, but is unattended with danger to life, unless it be a symptom of organic disease in the brain. The patient is of course much annoyed at his inability to avoid "making faces." This characteristic has given the names mimic spasm and histrionic spasm to the disease.

Causes of reflex irritation, such as diseased teeth, neuralgia or errors of refraction, should be efficiently treated, the patient should be kept free from known emotional causes and the general health should be brought up to the best standard. Both medicinal and surgical treatment have been conspicuously unsatisfactory. Cannabis indica, valerian, zinc, conium, gelsemium, hyoscyamus and the bromides have been used with occasional success. Galvanism is recommended rather highly by Dana. Blisters behind the ear have seemed serviceable. Stretching vigorously the nerve after exposing it near its exit from the sternomastoid foramen has been tried, but the improvement has not very often been lasting. The paralysis of motion so induced gradually disappears, but the spasmodic twitching usually returns as the muscles regain power through the regeneration of the nerve. Neurectomy will stop the spasm, but the permanent disfigurement of the face by paralysis so caused renders such procedure usually improper.

Godlee and Keene have published collections of cases treated by nerve stretching, but these show that the relief was often transient.

Perhaps a neurotomy with immediate suture of the nerve might be justifiable, since union of the cut nerve with final restoration of motion without spasm might possibly be obtained. The nerve is exposed for stretching by an incision in front of the auricle, as advocated by Hueter, or by the method of Baum, who makes the opening behind the auricle; the latter is preferable. The incision is an angular one immediately behind the auricle with the apex of the angle pointing backwards over the tip of the mastoid process.

The whole length of the incision should be about two and a half inches. The nerve will be found in the space between the sternocleido-mastoid muscle posteriorly, and the parotid gland in front. In the bottom of this narrow space at a depth of one inch or more, the nerve will be found lying upon the fascia covering the muscles on the front of the vertebral column. The operator will by this method reach the nerve about half an inch in front of its exit from the style-mastoid foramen. He should search for the nerve, which is rather small, at a point from a quarter to a half an inch from the middle of the anterior margin of the mastoid process, keeping above the posterior belly of the digastric muscle. This muscle is not always seen in the wound. The styloid process of the temporal bone and the transverse processes of the vertebra are valuable landmarks to the surgeon in carrying out the deeper dissections. The illumination with the head mirror of the narrow fossa in which the nerve lies, will aid greatly in the identification.

Keene has used a needle-like electrode which he passed over the structures, until muscular responses showed that the nerve was touched. The wet sponge should at the same time be applied to the cheek. The current for this purpose must be weak, because a strong current may produce muscular contraction when the electrode is not in contact with the facial nerve, because the tissues in the wound are moist.

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## MISCELLANEOUS.

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### SULPHUR IN THROAT TROUBLES.

There has been of late some discussion on the use of sulphur in throat troubles, especially those of diphtheretic character. This is by no means a new remedy, having been used as a throat disease panacea

in certain households for at least a quarter of a century. As soon as inflammatory symptoms made their appearance the throat was thoroughly dusted with sulphur, this treatment being repeated every hour if the case was severe. As only good could come from swallowing the powder, it was used with the utmost freedom. Sometimes teaspoonful doses were taken with the most satisfactory results. One of the very best preparations for throat affections is equal parts of sulphurous acid and glycerine. This may be diluted in the proportion of one teaspoonful of the mixture to half a glass of the water. The throat may be brushed with it, or it may be used as a gargle. Freely applied it will usually relieve all unpleasant symptoms at once, and persisted in, it rarely fails to cure the most obstinate cases. The objection to it is that it is too simple for the medical profession to approve.

#### THE TREATMENT OF BURNS.

Every little while one reads some exhaustive treatise on the treatment of burns and scalds, said treatise almost always ending up with the recommendation to use lime water and oil. While there may be somewhere in medical science some excellent reason for the employment of this compound, one cannot but wonder how such a curious mixture ever came into favor. One might die from exhaustion from pain, before either of these ingredients could be procured and properly prepared for use; besides, not every one understands managing them. Why not use a remedy within the reach of every one, something that almost every pantry affords, and which has been thoroughly tested and found in every way to answer all the demands of a remedy? At the very first possible moment grasp a handful of lard, such as is used for cooking purposes, and smear it over the burned surface. This answers until the regular remedy can be prepared, which consists simply of a paste of flour and lard made as soft as it can be handled. This is spread about half an inch thick upon a cloth and applied to the injured parts. Let it remain until it begins to crumble, which can be readily ascertained by raising the corner of the cloth. The application must then be renewed, great care being necessary in taking off the old plaster that the surface of the skin is not broken. If it sticks at any point, it is much better to leave it than to run any risk of irritating the hurt and possibly causing a deep sore. The number of applications will depend upon the nature of the burn. Sometimes it is necessary to

renew the plaster a dozen times, and it is worth while to do this if the burn is deep. In other cases one or two will be quite sufficient. The burned flesh absorbs all of the oil from the plaster, and the flour serves to keep the air from it, and, if carefully managed, there will scarcely be any pain after the lard is put on. It is sometimes desirable to give a soothing mixture and allow the patient to sleep, for burns are extremely exhausting, and great care should be taken with the diet, and every effort made to keep the system in a state of repose. If a very large surface is injured there is danger to life, but this may almost always be avoided by the immediate application of the lard. It is safe to assert that the average of fatal cases could be reduced more than half if this course of treatment were persisted in. Cases have been known where very large surfaces have been deeply burned, and the patient has recovered without leaving a scar when treated in this way. Drugs and chemicals are best left alone in such emergencies, simple treatment, absolute quiet and a moderate amount of plain, nourishing food almost always insuring a safe and speedy recovery.

#### OVER-EATING.

It is perhaps true that most Americans eat too much. The person who eats much, yet is hungry and grows thin, is not suffering from lack of food, but from lack of power to digest the food taken into the stomach, or from an abnormally rapid tissue waste, and should consult his physician.

Every one puts into his stomach more food than is digested by it, but in many cases a good deal of the material really digested does not do its full share of vitalizing work.

We live by the oxidation of food. Food, whatever its chemical nature,—if it is food in the true sense,—is capable of being changed into a more oxidized material. This chemical change must go on in a more or less active way, or death ensues, since the oxidizing of food is necessary for the life of the individual cells, whose aggregation constitutes the whole of our complicated structures.

Now if more material is supplied to the system than it can use, or, in other words, more than it can combine with oxygen, much of the supply must pass out of the body in a state not fully exhausted of its vitalizing power; and it is highly probable that these unoxidized products are the causes, direct or indirect, of many troubles of a somewhat obscure nature, to which we have applied the names of rheumatism, gout, lithæmia, and the like.

Such partially oxidized materials circulate in the blood, and are carried to all parts of the body, and are known to be more or less irritating to its delicate structures, organs and tissues.

In the case of the habitual over-eater, the presence in the blood of such materials, which are constantly acting as irritants to the organs, may easily produce changes in the tissues so irritated. As time goes on these changes become greater and greater, and finally result in permanent conditions of disease, or in an appreciably hastened death.

Exercise, by promoting oxidation, lessens the danger of over-eating. The habit of rapid eating, especially when habitual over-eating is indulged in, results in an inability to digest the amount of food necessary to keep in active condition the various functions of the body.

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### HEALTHFULNESS OF HOUSES.

Houses which have unwholesome surroundings, or which are built on unsanitary principles, are apt to become known for an unusual amount of sickness within them. Houses not unhealthy in construction or surroundings may acquire a like evil name through lack of care to keep them in a sanitary condition.

One way in which sickness is propagated is by neglect of a thorough disinfection of the room and house in which sickness has occurred. Disinfection, in fact, is very rarely performed in cases of consumption, and is especially apt to be neglected if the family occupying the house is about to remove.

The almost inevitable result of such neglect is that unsuspecting persons are exposed to severe and perhaps fatal illness. A history like the following is not uncommon: Sickness of an infectious nature occurs in a house which has been considered healthful. The occupants move out; another family moves in, in which the same disease soon appears. Such sequences have been known to occur in cases of diphtheria, scarlet fever and consumption.

As a rule in such cases, an investigation is sooner or later demanded, either by the municipal board of health or by private individuals. In cities where the occurrence of any contagious disease is immediately made known to health department, an outbreak of several cases of the same nature in the one house at once leads to an investigation.

In these days all "germ" diseases, including cholera, consumption, typhoid fever, diphtheria—in short, all contagious diseases—are looked



upon as preventable. As an important part of such prevention all houses should receive a thorough cleaning, together with a disinfection of their walls, floors and ceilings, after each case of infectious disease.

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### CLOTHING THE HANDS AND FEET.

If the hands, feet, and head are properly protected, a girl will be saved many a cold that sometimes ends seriously. For the early autumn cotton stockings of a medium weight should be worn, with buttoned shoes or boots, which, by the way, can be square-toed or half-round at the toes, as the shape of the feet may demand. Medium soles are better than clumsy, extra thick ones. Gaiterettes of cloth keep the ankles warm and dry. For the coldest weather woollen stockings of a light weight are to be recommended. Black hose are universally worn, but be careful to buy only a perfectly fast black dye to avoid staining. If a child lives where she must wade through snow to get to school, give her rubbers and calfskin leggings that cover the knees, which will keep out wet and cold, as knitted woollen leggings often fail to do. When cool enough get woollen gloves that fit so as to allow one to hold a book or umbrella comfortably. For still lighter wear there are cotton and lisle gloves in black, gray, tan, brown, etc. Crocheted or knitted woollen mittens or lined leather mitts are unexcelled for winter wear, and should be long in the wrists. Mittens of Angora yarn are durable and very warm. During the coldest season one of the soft caps or Tam o' Shanfers is more comfortable than a felt hat, fitting snugly, and remaining on in spite of the wind.

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### DISINFECTING IN CASES OF CANCER.

We know of no definite or certain microbe or parasite as associated with cancer, so that, at present, if science is working very hard, it is working in the dark regarding the exact and specific cause of the ailment. In this respect, cancer is different from consumption. There we have a well known germ; its life history has been studied, we know how its dried spores possesses infinite capabilities of living on and of causing infection, and we can account in a rational fashion for the conveyance of consumption from those who are sick to those who are well. If there is a specific germ connected with cancer, as recent researches tend to suggest, may it not be that, like the germ of tetanus (or lockjaw), this cancer microbe lives in the soil, and in a

damp soil preferably, and that in certain conditions of soil or air it remains in a dwelling to infect and re-infect successive occupants? I do not suppose any body regards cancer as infectious from person to person. What we are told of its history points rather to a common cause from which the different cases in a house spring. Moreover, there is one other point not to be missed in this recital. The cancerous troubles appearing in the various persons whose histories I have detailed, did not necessarily affect each person in the same way. In one it appeared in the liver, in another in the stomach, and so on. I regard this latter fact as indicating that probably a common cause originated this disease, while the individual peculiarities determined the exact mode of its appearance and development. Pending further light on this national question—for it really is a national and public matter—there is one thing to be done. If nowadays we disinfect houses and rooms in case of consumption, and attend to the personal hygiene of the consumptive patient, it is clear, the least we can do, is to practice the same disinfection in cases of cancer. This is one preventative measure well within our grasp, and we should see, as a matter of public health, that it is duly and carefully carried out.

#### CHILDREN'S TEETH.

The first teeth have a very considerable effect upon the second, and therefore, when the little one begins to eat something besides milk, he should have cereals which are rich in the bone-making elements. Sugar and candies are bad for the baby's teeth as well as for his digestion. A tiny tooth brush, soft and pliant, should be used by the small child, and the least decay should be warrant for calling on the dentist. To lose one of the first teeth prematurely is a pity. When the second or permanent teeth appear, care must be exercised that they are not crowded and that they come in evenly. Let the dentist see the child at least twice a year, and oftener if there is need. In this way disfigurement and subsequent pain will be avoided.

Medicine which may blacken the teeth or injure the enamel should be taken through a glass tube. No care is too great if intelligently bestowed upon the teeth of little children. Toothache is a malady that no child need suffer from if the right amount of attention is bestowed on the growing teeth during the first eight years of life. Here, at least, the minimum of pain can be secured by watchfulness.

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Avoid dentifrices and pain-killing drops alike, and keep the teeth in order, thus preserving health and good looks.

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### DARK HOUSES.

People who keep their houses dark for fear of the sunlight spoiling their carpets and furniture have no idea of the disease-destroying influence of sunlight and air. Recent experiments made in the Pasteur Institute have shown that bacilli exposed to the sun and air were destroyed in two hours, while those exposed to the sun, the air being excluded, were alive after fifty hours of exposure. Dr. Palermo, of Naples, made an interesting experiment with cholera bacilli. While he found those protected from the sun killed guinea pigs in eighteen hours, as usual, those exposed to the sun, although not killed, were rendered entirely harmless. As to the influence of sun and air on bacilli it was ascertained that the oxygen of the air had a marked effect in assisting the sun's rays, and that the bacteria suffered more from the sun's rays if the supply of oxygen was increased than if it was diminished. Certain liquids, too, which will undergo putrefaction in the dark, will remain sweet and free from bacteria when exposed to the sun's rays. Air and sun are nature's great purifiers.

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### INJUDICIOUS CYCLING.

Sir Benjamin Richardson said in a recent interview :—There is no doubt that a great deal of harm is at present being done by injudicious cycling. The attitude that nearly all cyclists adopt to a greater or less degree—bending themselves forward over the handles of their machines—is undoubtedly most unhealthy. And, though I cannot explain the reason for taking up such an attitude, I know that I have to keep a careful watch over myself to maintain an erect position. The doubled-up position does much more harm than people imagine. Of course, everybody knows that it is ugly. The chest bone is affected by the unnatural pressure placed upon it. The circulation is impaired, and, no doubt, the lungs are interfered with, too. In fact, there is hardly any possible evil effect which it does not produce. Still, I do not consider cycling as sport unhealthy—no more so, when indulged in moderately, than other sport. Of course, rowing affects the breath, pedestrianism affects the nerves, the use of dumb-bells and other stationary exercises affect the muscles. And in the same way cycling

affects the circulation. Hill-climbing, too, is a very severe strain. Several inventions have been tried for storing up energy while going down hill which could be used to assist the rider at the next ascent, and I think it would be a very great benefit if some such idea could be worked out and made to answer.

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### WORRY AND INDIGESTION.

Worry is a baneful curse and source of untold evils. It seams the face with lines and furrows and has a most depressing effect upon that hypersensitive organ, the stomach. The physiological explanation of this is the close alliance of the great sympathetic nerves, which are worse than the telegraph for carrying bad news ; the worry and anxiety which depress the brain produce simultaneously a semi-paralysis of the nerves of the stomach, gastric juices will not flow, and—presto ! there is indigestion. One sign of mental health is serenity of temper and a self-control that enables us to bear with equanimity and unruffled temper the petty trials and jars of life, especially those arising from contact with scolding, irascible, irritating folk. It is well to remember at such times that these unfortunates are their own worst enemies, and a cultivation of the art of not hearing will help us very much. It is a very useful art all through life, and well worth some trouble to acquire.

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### IMPURE AIR AND WRINKLES.

Some recent writers on the subject of wrinkles hold that the air in our rooms should be changed three times every hour. The skin owes its beauty to the nerves which control the fine blood-vessels of the surface, whose work lends glow and clearness to the face. The nerves, in turn, owe their sensitiveness to the air, which is our chief nutriment, inhaled by gallons hourly, and should be pure and invigorating. When the nerves are deadened by close air the fine muscles lose their tone, the tissue of the face shrinks, and these shrinkages become wrinkles.

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### PLASTERING A CUT.

Court plaster should be used with care. If the injury should be very slight the method of application is unimportant ; but if it is at all deep, like a cut, never use the plaster to cover the cut. Simply cut long narrow strips and apply them across the cut to bring its edges together. Then the secretions of the wound can escape. Never apply court

plaster to a bruised wound. Time without number do we see a wound become a painful sore by being covered with court plaster. Its whole use is to bring together and hold together the edges of a cut, or to protect an irritated but unbroken skin.

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## HOUSE AND HOME.

CONDUCTED BY LILLIAN WHITE.

### THE HOUSE.

**CONGESTION OF THE HOUSE.**—In arranging a sitting-room large spaces left empty look more comfortable and are more convenient in every way than a room huddled too full of furniture. A home is not a furniture wareroom, nor a fancy bazaar, but a place for people to live in, and to grow in, and to move about it. Most houses suffer from congestion.

**BARE DINNER TABLES.**—Up in cold, conventional, gilded Newport, the nude in dining tables is being worshipped. Oak, mahogany and walnut are laid bare for lunch and dinner—fashionables usually breakfast in private—and not so much as a centre-scarf is permitted to hide the beautiful wood. If the host carves, which he seldom does, a small napkin or large doylie goes under the platter. It is a part of the eloquence of wealth not to mind the scratches. There are plenty of servants to erase them. There is, too, another finer point of view, viz., gentle people are never rough, and as the glass, china, plate and cutlery are exquisitely finished, there is no reason why the polished table should be marred.

**LACK OF UNIFORMITY THE STYLE.**—It is no longer considered desirable that vases, pictures and bric-a-brac should "match," as was the universal fashion of decoration up to recent years. It is now deemed far more elegant that there should be no more effort in that direction. And yet there never was a period when so much attention was paid to the matching or the blending of colors in decoration as at the present time.

**FASHIONABLE TABLE FLOWERS.**—Sweet pea is successfully grown now without scent for the grand mahoganies of great swells. The blue variety is most in demand at Newport and Lenox. It is the style to

arrange the blossoms in low glass forms, twined with their own graceful foilage.

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### THE DRESS.

**NEW GLOVES.**—Gloves for fashionable folks differ only in size. English styles are for street. French for evening wear. The London gloves are all dressed skins. They run to minor colors and white. All the sewing is done in the skin colors; the fancy stitches are put in with black, reds and mineral browns. Horn and brass buttons are the rule, and the palms and button-holes were never so well faced. Thumbs are gusseted in all fine goods. Ladies' gloves fit looser and last longer than formerly.

**FANCIFUL BELT BUCKLES.**—Silver belt buckles are now made in oval form, with a ragged edge. By way of ornamentation the initials are spread over the field, with so many fanciful curves and graceful lines that she who runs may not read—even when she stands still.

**TWO STYLISH COSTUMES.**—A very stylish costume now-a-days is of gray faced cloth, with a simply cut shirt and Eton jacket, not too short at the waist, big revers and cuffs of apple green velvet, covered with a richly patterned guipure of a creamy shade. This has a waistcoat of the gray cloth, to be replaced on occasion by a soft shirt of accordion-plaited cream silk. This costume in biscuit color, with royal blue in place of the green, is lovely. The other costume which demands notice is in Venetian red cord. This is a very curious material, green shot with red, which gives a most artistic result and would be very becoming to a certain style of brunette beauty. It has basque and plastron of black moire and a draped skirt, caught back with straps, fastened by large, richly embroidered buttons.

**STYLISH WAISTS.**—Round waists are worn more than basques, and sleeves of very thin material are made extremely full and puffed lengthwise at the top with very pretty effect.

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### THE KITCHEN.

**SEASONING FOODS.**—Cooks take unpardonable liberties with the foods they prepare. Every body wants the soup to be savory, but pickling it is not always satisfactory. Many people object to pepper. Not a grain should be put in the pot or in a general dish, and not a drop of

vinegar, gravy or oil should be put on meats or vegetables. There is no objection to a little salt, and the smaller the quantity the better, for a deficiency is readily corrected, while too much may spoil the broth. In perfuming the soup the taste of the family should be consulted. Lemon, parsley and bay are all right, but carrots, onions and mace have vigorous and healthy opponents.

**NUTRITIOUS SOUP.**—A delicate and nutritious soup is made from white potatoes. Peel a quart of them and boil them in four quarts of water until tender. Drain off the water, mash fine and season with salt, pepper and butter. Add to the potatoes either two medium sized onions, minced fine, or a bunch of celery prepared in the same way. Put the mixture in the water in which the potatoes were boiled, and cook a quarter of an hour. Set on the back part of the stove and stir in quickly two fresh eggs well beaten and mixed with a cupful of sweet cream. Let the soup heat through, but not boil again before serving.

**NICE BREAD CAKES.**—Before mixing the sponge in the morning dip out a cup of batter for the cake, or for two cups double the recipe all through, for this makes a large dripping pan cake. For each cup of batter add an egg, a cup of sugar, one-half cup of butter, a teaspoon soda dissolved in a teaspoonful of warm water, a teaspoonful each of cloves, cinnamon and allspice and flour to make a batter like fruit cake. Then add a cup of raisins, chopped and floured, and bake in a moderate oven. It will keep well if left alone.

**WATER PUDDING.**—Moisten three tablespoonfuls of corn-starch in a little cold water. Pour over one pint of boiling water. Cook just one minute; add half cup of sugar, and pour this over the well-beaten whites of three eggs. Stir in one pint of fruit, turn into a mould and stand away until cold. Serve either with custard made from the yolks of the eggs and a pint of milk, or with plain cream. Then the yolks may be used for sauces or salads.

**SAUSAGES WITH FRIED APPLES.**—Prick the sausages with a fork, and fry, turning frequently. When they are cooked, in about twenty minutes, arrange them on a hot dish. Core some sour apples, and cut across in rings about half an inch thick; fry until brown in the sausage fat. When tender, place around the sausages and serve.

**CREAMED PARSNIPS.**—Boil tender, scrape and slice lengthwise. Put over the fire with two tablespoonfuls of butter, pepper and salt, and a

little minced parsley. Shake until the mixture boils. Dish the parsnips, add to the sauce three tablespoonfuls of cream in which has been stirred a quarter-spoonful of flour. Boil once, and pour over the parsnips.

**MINT SAUCE.**—Pick, wash, and shred fine, some fresh mint, put on in a tablespoonful of sugar and four tablespoonfuls of vinegar. Nice with mutton and lamb.

**SPONGE CAKE.**—Beat together with the hands the yolks of four eggs and one cupful of sugar until creamy; add the whites beaten to a stiff froth, and stir in one cupful of flour and a small pinch of baking powder. Bake in a moderate oven.

**CORN CAKE.**—Mix with one cup of corn meal one-half cup of flour and a teaspoonful of sugar. Beat one egg light without separating; add to it one cup of milk and stir into the corn meal. Beat the mixture well; add two teaspoonfuls of baking powder; turn into a greased tin and bake twenty minutes in a moderately quick oven.

**SOME FOOD TESTS.**—The official food analysis by the United States and Canadian governments have been studied with interest. The United States government report gives the names of eighteen well known baking powders, some of them advertised as pure cream-of-tartar powders, which contain alum.

The report shows the Royal to be a pure cream-of-tartar baking powder, the highest in strength, evolving 160.6 cubic inches of leavening gas per single ounce of powder. There were eight other brands of cream-of-tartar powders tested, and their average strength was 111.5 cubic inches of gas per ounce of powder.

The Canadian government investigations were of a still larger number of powders. The Royal Baking Powder was here also shown the purest and highest in strength, containing 129.32 cubic inches of leavening gas per ounce of powder. Nine other cream-of-tartar powders were tested, their average strength being reported to be 89 cubic inches of gas per ounce.

These figures are very instructive to the practical housekeeper. They indicate that the Royal Baking Powder goes more than 33 per cent. further in use than the others, or is one-third more economical. Still more important than this, however, they prove this popular article has been brought up to the highest degree of purity—for to its superlative purity this superiority in strength is due—and conse-



quently by its use we may be insured the purest and most wholesome food.

The powders of lower strength are found to leave large amounts of impurities in the food. This fact is emphasized by the report of the Ohio State Food Commissioner, who, while finding the Royal practically pure, found no other powder to contain less than 10 per cent. of inert or foreign matters.

The statistics show that there is used in the manufacture of the Royal Baking Powder more than half of all the cream-of-tartar consumed in the United States for all purposes. The wonderful sale thus indicated for the Royal Baking Powder—greater than that of all other baking powders combined—is perhaps even a higher evidence than that already quoted of the superiority of this article, and of its indispensableness to modern cookery.

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## EDITOR'S OUTLOOK.

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### GET MARRIED.

Young ladies, readers of this Journal, you will never be satisfied until you do. It is the surest road to a long life and a happy one. There is a thorn in the path now and then, but there is a rose always hard by. Did you never know it before?

We will tell you something. We never heard it, nor read it. We found it out. Doctors, you knoware very inquisitive folks, always prying and peeping about, through their own eyes and other people's, and when these are not sufficient, they use the microscope, a very favorite instrument with some of them, inasmuch as it enables them "To see what is not to be seen" by any body, except themselves; and full often, they are like the sailor on the lookout; he could not see land exactly, but he could pretty near do it. Well, all at once, one day, this bright idea, so we call it for the present, it may afterwards arise to a fact, for there is a shade of difference between the twain, broke in upon us effulgently.

The roses and thorns of married life, are not one and indivisible; they grow on separate stocks, and all that is required to part them, is a good head and a kind heart. There is one difficulty in the way, the thorns are indestructible, but you have only to throw them aside, and if any body else chooses to pick them up, that is their lookout; every one must see for himself.

Not long since, a man was head over heels in debt, and he declared that his last speculation left him head over heeler. So, one who tries by marriage to get out of trouble sometimes gets into greater; but in the large main, marriage is the balm of life, it is the natural condition of human kind, hence Divinity has ordained it. The idea which we wish to convey, in connection with the heading of this editorial, is that while more women than men, in the country at large, die of consumption, yet five

hundred married men will die of consumption, while three hundred married women die of it. *Therefore, as to women, marriage, after twenty-five, is a preventative of consumption.*

As hundreds of our subscribers and readers are physicians, we have concluded to open our pages for medical articles and discussions in their interest, and at the same time leaving no stone unturned to keep the high standard of the Journal where it has been so many years. Physicians' discussions should be so interesting that all our subscribers would take interest enough in this department of the Journal, to read them and likewise become better acquainted with the "make-up" and the frailties of the human system. We invite any reputable physician to send us articles of interest to the profession any time, and will be appreciated by the editor.

With the low price of the Journal, we have decided that we shall issue no more premium lists. Since the reduction of the Journal our circulation has greatly increased. We have the honor of saying that HALL'S JOURNAL OF HEALTH is read in nearly every country of the globe.

We want our circulation to reach 100,000 readers before the close of 1895, and as we shall send out a great many sample copies to meet the demands that have accumulated in our office the past few weeks, we have decided to make this offer. Any one sending us a postal note for twenty-five cents between now and February 1, 1895,—this offer does not include renewals, simply to new subscribers,—will receive the journal for one year as a trial. This offer will close promptly on time.

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## LITERARY.

The *DELINEATOR* for October is called the Autumn number, and contains an unusually large number of articles on interesting subjects. In addition to the regular fashion matter there is a special article of much value to mothers called *Fitting Out the Family for Autumn and Winter*. There are also articles for the housekeeper on seasonable cookery, hints on serving peaches, apricots and plums, and the use of the house. *Life and Work at Mount Holyoke College* are well treated by a recent graduate, the second paper in the Kindergarten Series opens up the study in an interesting way, and there is a practical contribution on millinery as an employment for women. The *Relations between Mother and Daughter* is concluded in this number, and in *How to Live Wisely* the subject of illness and what not to do is ably discussed. Instruction in artistic handcraft is given in *Venetian Iron Work* and the uses of crêpe and tissue papers, and entertainment is provided in a *Hallowe'en, German* and a *Chrysanthemum Party*. Around the *Tea-Table* is as gossipy as usual, and there are papers on knitting, netting, tatting, lace making, crocheting, etc., etc. The subscription price of the *DELINEATOR* is \$1.00 a year; single copies, 15 cents each.

Professor James Sully, of University College, London, heads the list of contributors to the September *POPULAR SCIENCE MONTHLY* with the second of his *Studies of Childhood*, dealing with the imaginative side of play. He shows by means of many incidents how strong is the power of "making believe" that enters so largely into children's plays. An enterprise of enormous possibilities is described in an illustrated

article by Earnest A. Le Sueur under the title Commercial Power Development at Niagara. The preparations for harnessing the Falls to the dynamo are now well advanced. The number contains another of the charming sketches of outdoor life by the late Frank Bolles, its subject being The Humming Birds of Chocorua. There is an evolutionary study of Barberries, by Frederick Le Roy Sargent, in which the general reader will be surprised to see how much of interest can be found in so common a plant. The various parts of the bush are illustrated from original drawings. In Ethical Relations between Man and Beast, Professor E. P. Evans shows how the doctrine of the earth and all that is in it being made for man has fostered cruelty to animals. Mr. Stuart Jenkins, who has had experience in winter work on a Canadian survey, sets forth a new plan for reaching the north pole, under the title Arctic Temperatures and Exploration. In Parasitic and Predaceous Insects, the method of fighting insects that are destructive to vegetation by means of others that are harmless, is described by Professor C. V. Riley. The New Mineralogy is described by G. P. Grimsley. Dr. H. E. Armstrong writes on Scientific Education. Dr. P. Lenard describes The Work of Dust.

For the first time in his literary career Jerome K. Jerome is about to write directly for an American audience. This work consists of a series of papers similar in vein to his "Idle Thoughts of an Idle Fellow," but addressed to American girls and women. The articles will begin shortly in THE LADIES' HOME JOURNAL, which periodical will print the entire series.

GOOD HOUSEKEEPING for September has the concluding portions of several of the series of interesting articles which have recently been running through its columns, among them those on Beds and Bedding, and Around the Dinner Table, while the treatment of pickling and preserving is generous, as befits the season. In the October number this magazine will begin the most thorough treatment of the Food Question ever undertaken by any periodical or other publication, and those who would profit by the masterly presentation which is assured should make certain of obtaining that issue. Papers from writers of world-wide renown are already announced, fully justifying all the enthusiasm of the publishers over this important enterprise. Clark W. Bryan Company, Publishers, Springfield, Mass.

In the September issue of TABLE TALK, housekeepers and home-makers will be much interested, for, in addition to the regular monthly Menus, there is a digest of the manner and way of carrying them out for the first week, under the title of "A Schedule for the Week," by Helen Louise Johnson. Mrs. M. C. Myer and Miss Tillie May Forney, follow up fashion's caprices in all departments of the home, besides giving much readable matter on current subjects. There is also another of the series of articles on "Old English Silver," and to many who are sending their boys to college for the first, "Jack's College Trunk" will be most helpful. This magazine is published in Philadelphia, Pa., at \$1.00 per year; 10 cents, current issue; or to our readers, a sample copy will be sent free.

"Antietam-Sharpsburg" is the title of the richly illustrated paper which opens the September BLUE AND GRAY, and in which Colonel A. H. Nickerson (U. S. A., retired), makes some striking and forcible comments upon the generalship, on either side, displayed in that great battle of September 17, 1862. Among the more valuable

illustrations is a copy of Captain James Hope's well known painting, showing "Bloody Lane" after the battle; this being one of the very few battle pieces made from the actual scene and not from subsequent description or artistic imagination. Other "Antietam" features are a picture of the new McClellan monument, soon to be unveiled in Philadelphia, a portrait of McClellan as a cadet, and a poem by Colonel S. D. Richardson. Captain John H. Stevenson, U. S. N., continues his interesting "Adventures of an American Navy Officer Abroad," with fine engravings of Chinese scenes; a private soldier tells of his experiences "In the Ranks Under General Lyon in Missouri—1861;" D. B. Conrad, M. D., late Fleet Surgeon, C. S. N., brilliantly describes the "Capture and Burning of the Gunboat Underwriter," a daring deed in which the writer took part. "An Eulogy of General Grant," by General Lee's military secretary, Colonel Charles Marshall, is full of genuine fraternity. "Wm. Penn. Jr.'s" series of aggressive financial letters is devoted to an explanation of "Why Our People Worship Gold."

Obviously, a gathering like the Columbian Exposition, of men and things from every quarter, each country contributing of its best, must promote intellectual activity and physical energy, and accelerate progress in all its departments. As the intellectual and industrial are quickened, so are the moral and æsthetical, the tendency being to enlarge the social ideal, to lessen the evils of isolation, and bring into greater prominence organization in humanity. There is an education which seems perpetually to test the intellectual possibilities of man; an education which comes from the commingling of peoples and the comparison of things, quickening sympathy and promoting harmony in the whole human family; an education for the educated, for the intelligent and studious, who naturally derive the greatest benefit and enjoyment from that intercourse which stimulates thought and tends to the repression of learned egotism.—THE BOOK OF THE FAIR, by Hubert H. Bancroft.

The ATLANTIC's supply of fiction in September is somewhat more than usually large. Besides Mrs. Deland's "Philip and his Wife," now within one month of conclusion, there are three stories—"Tante Cat'rinette," by Kate Chopin, the writer who is coming into deserved prominence through her pictures of Louisiana life; "For their Brethren's Sake," a powerful tale of a Derbyshire town, during the great plague, by Grace Howard Peirce; and Mrs. Catherwood's "The Kidnapped Bride," the last of a series of early French-American stories. "Old Boston Mary: A Remembrance," by Josiah Flynt, tells the tale of a strange old woman of the tramp class so vividly as to leave one uncertain whether it is fiction or fact. In Mrs. Louise Herrick Wall's sketch "In a Washington Hop Field," too, there is so much of human interest that one may almost think of it as a story. "Up Chevedale and Down Again," by Charles Stewart Davison, is again a record of actual events—a thrilling narrative of Alpine adventure.

The fiction in the September CENTURY presents the usual variety. Mrs. Burton Harrison's novelette of contemporary American life reaches the third part, this completing about half of her story. The story takes a very dramatic turn, which results in a surprising situation in the family of Judge Irving. Marion Crawford's novelette, "Love in Idleness," the event of which was left in the August number in a piquant situation, comes to a conclusion. Recent readers of THE CENTURY will remember

the story, "Their Exits and Their Entrances," by George A. Hibbard, in which the efforts of a match-making friend to bring together two eligible people are continually thwarted by circumstances. Mr. Hibbard has written a sequel for this number entitled, "The Whirligig of Time," in which the situation is somewhat reversed, and has humorous complications. Mr. F. Hopkinson Smith has a story of a Northern-Southern type, entitled "A Gentleman Vagabond," in which will be seen in abundance the humor and the picturesque character drawing of "Colonel Carter of Cartersville." There is also a story of Colorado life, "Jake Stanwood's Gal," by Miss Anna Fuller.

The frontispiece of *McCLURE'S MAGAZINE* for September is a charming portrait of Mrs. Robert Louis Stevenson, and the opening article is a no less charming relation, by Mr. Stevenson, of how, soon after marriage, he came to write "Treasure Island," and of the unusual conditions under which he executed the work. Pictures of the houses and scenes in which the Stevensons lived at the time, and several portraits of Stevenson himself, accompanying the article. In a very sprightly illustrated article by Robert Barr, an exposition is given of the "savate," or kick, as employed with great skill by the French boxers. The eminent French chemist, Professor Berthelot, in an interview with Henry J. W. Dam, sets forth the grounds of his belief that a time is coming when milk, potatoes, beef, and all the staples of human food will be supplied from the laboratories of the chemist, instead of from the fields of the farmer. In an article illustrated with some very interesting composite photographs taken by himself, Dr. H. P. Bowditch of Harvard Medical School, discusses the question whether composite photographs are typical pictures. Lilienthal's flying-machine, on which all students of the problem of aerial navigation now have their attention fixed, and his latest achievements with it, are described, with numerous illustrations, by a writer who himself witnessed the achievements, and has carefully studied the machine. Cy. Warman shows, in a fully illustrated article, that an empire of untold riches will be added to the United States when the arid lands of the West are put under irrigation. There are also, in the number, some good stories: one by Gilbert Parker, and interesting series of portraits of Sardou and Madame Janauschek.

S. S. McCLURE, LTD., No. 30 Lafayette place, New York.

After five years of labor, with the help of 247 editors, and the enormous expenditure of nearly one million dollars, the Funk & Wagnalls Company announce that the last page of the second, the concluding, volume of the new Standard Dictionary, is now in type. This volume will be ready for delivery in November.

A general agent in Michigan writes to Funk & Wagnalls, that his order of the Standard Dictionary will fill two cars, and will weigh 43,000 pounds. Pretty good testimony for the Dictionary.

"Recreation" is a new monthly magazine published by G. O. Shields, New York. It is an aspirant for fame and fortune, and if we may judge by the first two numbers which have come to our table, it gives promise of success. As the name suggests, it is devoted mostly to out-of-door sports—fishing, hunting, cycling, photography and other subjects in which the people are interested. The field is a large one, and an illustrated work of this kind ought to win its way into popular favor, and gather about it a large clientele. It is edited with care and ability, and the variety of its contents appeals in a good many directions. We are glad to give it as cordial greeting, with the hope that in its maturity it will fulfill the promise of its beginning.—*The New York Herald.*

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## GENERAL NOTES.

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Stricture of the urethra may now be safely, and permanently cured by means of a remedy prepared by the Century Chemical Co., of St. Louis, Mo. As their preparation is recommended and endorsed by a host of prominent physicians, there is absolutely no question as to its efficacy. This treatment is rapidly supplanting all the old-time methods, as there is no cutting, no dilatation, no pain, and absolutely no danger. These facts are all substantiated by first class medical testimony.

We especially desire to call our reader's attention to the new advertisement in this issue of the Journal, of the Oriental Pill, which has come into such prominence, recently especially, throughout the country.

Our professional readers will readily see the value of this compound when they pursue the formula given in full

The remedy can be procured direct from the laboratory at Washington, D. C., by sending \$1.00. Twelve bottles in one box, \$9.00.

Now that the fall is here, and, people are obliged to return to their homes in the city, on account of the changeable and uncertain weather, many are wondering where they can go for a few months and enjoy themselves in a more agreeable altitude than what New York city and vicinity possesses.

Many of those people here are afflicted with rheumatic and nervous troubles. This Empire state has, within its domains, one place that surpasses any other in this country for just these ailments, and where we can go and find rest with recreation all the year around.

This place is Warsaw, N. Y. Perched as it is upon a pinnacle of 1,500 feet above the level of the sea, commanding a beautiful view of the celebrated Warsaw valley, it affords a rare place of retreat. In this picturesque village is located the renowned Warsaw Salt Baths. These baths are strong and they possess the proper medicinal properties that will at once give relief to any one suffering with rheumatic or nervous troubles. The Sanitarium buildings are all new, modern and perfect in equipment. Beautiful recreation grounds, broad sidewalks, drives, tennis courts, in fact every thing present to make one happy.

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# HALL'S JOURNAL of HEALTH

ESTABLISHED 1854

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# HALL'S JOURNAL OF HEALTH

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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## THE PHYSICIAN'S TREATMENT OF EAR DISEASES.

B. ALEX. RANDALL, M. A., M. D.

In this communication an effort will be made to present the most concise skeleton of practical treatment, unsystematic from the text-book point of view, but resting upon the experience of the writer and aurists in general, as to what especially engages the attention of the physician and calls for unspecialized treatment.

The statistics of nearly all aural surgeons show marked accord as to the relative frequency of various affections, but such figures must be somewhat modified to truly express the findings in general practice where acute conditions are more common, as the cases are earlier seen than by the specialist. Yet for both classes of observers we may set it down as a rule that from 20-25 per cent. are affections of the external ear, nearly 70 per cent. of the middle ear, and from 5-10 per cent. of the internal ear. Yet these proportions are considerably different when age and even sex are considered. In most clinics the male patients predominate in the proportion of 6 to 4 female, but the proportion is reversed when we consider the children alone—the girls being more numerous than the boys. The ratio of children to adults varies widely in different clinics—with me they formed 44 per cent. of my total practice. Yet such a condition as impacted wax belongs rather to adult life, being found in men as often as in women and children combined, and constituting twice as large a factor as in women and four times as large as in children, in relation to disease in general. Other affections of the external ear constitute but some 10 per cent. of the total. Acute suppuration of the middle ear, on the other hand, belongs especially to children, who constitute 63 per cent. of the cases, as well as 61 per cent. of the chronic suppurations.

What has been previously written as to the diagnosis of ear diseases really comprises not a little of its treatment, since it will not be possible to investigate properly except through procedures which are treatment as well as exploration. Yet the precise manner of conducting most of these procedures is important enough to make, at times, all the difference between failure and success, so they may well be discussed in some detail.

The exploration of the nose and eustachian tubes calls generally for their cleansing, even when they seem little obstructed by collected secretions. This is usually best achieved with the atomizer, spraying an alkaline solution of the same specific gravity as the blood serum. If denser than this it causes osmosis outward through the mucous membrane, if less dense, endosmosis; in each case, with decided irritation. This can best be employed through the anterior nares. A "Magic No. 2 Atomizer," costing 75 cents, serving as well as any other form, and the hand atomizer seems almost better than the more elaborate apparatus. If the tip of the nose be pressed upward by the bent thumb, while the fingers are spread upon the forehead, the tip of the atomizer will find quite a secure rest wholly external to the nose, where it can deliver its spray in any desired direction, while there is no soiling of the instrument nor a risk of injury if patient or surgeon make an ungarded movement.

The bottle of the atomizer should be held between the thumb and index, the other three fingers sufficing to compress the bulb and give a practically continuous spray. Two or three pressures will generally carry the fluid back to the pharynx, and the patient can be directed to lean forward and clear the throat by spitting while the fluid drains from the nose. Blowing into the handkerchief should be but lightly used, and only after such removal of all fluid, which might be forced up the eustachian tubes.

At times the post-nasal syringe forms a better means of cleansing, since the warmest fluid feels cool when sprayed, and, with a tractable patient, the measure is neither very difficult nor disagreeable. Either procedure should be followed by mopping the vault of the pharynx, to complete the cleansing and generally to make an astringent medication of this most important tract. The visible lesions of the lower pharynx are generally secondary to the condition above, which especially concerns us in ear treatment. A slender cotton-carrier, bent to a right angle twenty mm from the end, and armed with a pledget of cotton

of appropriate size, should be dipped in the medicament, e. g. 2 per cent. glycerole of iodine, squeezed free of excess, and carried in as the patient makes a loud inspiration, to turn quickly up behind the velum and sweep the tube-mouths and vault clear. A tongue-depressor is generally worse than useless, in the way rather than helpful; a great annoyance to the patient and another instrument to demand cleansing or to risk conveying contagion.

A spray of ablolene medicated with menthol-camphor, 2 to 5 per cent., forms a good protective and mild stimulant to apply to the nares, and if inflammatory trouble is present, I have found dusting with calomel generally very efficient as a sedative, antiseptic alternative. With the nares cleansed we are ready for the inflation which is generally needed for exploration or treatment, but had better first study minutely the condition to be seen in the auditory meatus. Here we may find purulent matter requiring removal if furuncle of the canal or suppuration in the tympanum be present, and the use of the syringe may afford not only the best cleansing, but by the heat of the water used, 105 to 112 degrees, be an excellent stimulant.

The pain which is often present or elicited by manipulation, yields as surely to heat thus applied as to any other means, and as this is effected by the tonic contraction of vessels and the absorption of exudate, its effect is curative as well as palliative.

Drying should follow, and any clinging flakes of epidermis gently wiped away with the delicate cotton-carrier armed with a wisp of absorbent cotton. If clean, the meatus should offer no impediment to the study of the drum-head and the diagnosis of the affection and the institution of appropriate treatment.

Inflation, if now practiced, should show its effect by blowing out additional secretion from a suppurating tympanum manifesting, perhaps, a perforation previously ill-seen, or it may distend the depressed drum-head in a catarrhal case, and give relief to deafness and tinnitus previously present. In an ear apparently normal it should serve to show normal patulency of the eustachian tube, a condition better proved than assumed. For the inflation the pear-shaped bag of Politzer is the appropriate instrument, connected by a few inches of rubber tubing with an olive nozzle. With this so held as to occlude one nostril and the other closed by pressure of the fingers, the bag is pressed as the patient swallows, says "huck" or blows out the cheeks, and the air prevented from escaping from the nares, will generally force

its way up to the ears. Slight pressure should be used at first, increased only if necessary.

Completion of the cleansing as perfectly as possible in the suppurating cases, with the aid of peroxide of hydrogen on the cotton pledgets and light dusting of the inflamed surfaces with impalpably powdered boric acid, completes the treatment of most of this type of cases; pneumatic massage of the drum-head in the catarrhal cases; inunction with the yellow oxide of mercury ointment in the furuncle or the eczema cases—surely this, with a few self-suggesting modifications, constitute a routine of treatment that should be within the easy execution of every practitioner. Yet this is just what forms the bulk of the work of every aurist in his office as in his clinic, and the small remainder of cases is such as tax his skill in diagnosis and treatment to the uttermost. These last can hardly be dealt with by the non-specialist.

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## MISCELLANEOUS.

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### SCARLET FEVER.

Scarlet fever is a most dangerous and frequently fatal disease, even when the attack seems mild. It is extremely treacherous. It is apt to leave the patient affected, sometimes for life, by some disorder or weakness of the organs. It is violently contagious.

For all these reasons it is always necessary, when the case is ascertained to be one of scarlet fever, first, to have the most careful treatment by a physician; secondly, to give close attention by nursing to the condition of the patient; thirdly, to isolate and quarantine most rigidly; and fourthly, when recovery has taken place, to cleanse and disinfect the room which the sick person has occupied, and destroy every article which cannot be cleansed that might give lodgment to germs of the disease.

Scarlet fever, or scarlatina, is so common a malady that most mothers have some experience with it. It is a true eruptive fever. In its early stages the symptoms are nearly identical with those of measles and small-pox. But the eruption has some peculiarities which enable the physician to distinguish the diseases apart, and a physician should always be called for any eruptive fever.

There is no medicine which will act directly upon the poison of the disease, and all efforts must be directed to careful nursing, protection from exposure, keeping all the functions of the body in good working order, and watching for possible complications.

After the rash has disappeared there is a more or less general peeling off of the skin. It is when this process is taking place that there is need of the greatest caution ; for the dead skin is recognized as one of the most common mediums for the spread of the disease. The germs may remain inactive for years, and then communicate infection to a whole neighborhood.

This is the chief reason why all toys that have been handled by a scarlet fever patient should be burned, the furniture most patiently cleaned, the walls of the room re-papered, or carefully rubbed down with moist bread, and all possible means taken to disinfect the quarters occupied.

Above all, follow exactly and submissively all rules laid down by the physician and the board of health.

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### THE RAVAGES OF CONSUMPTION.

It is stated that out of every six persons who die in France one dies of tuberculosis, and probably the proportions are not very different here. No plague or pestilence can in any way be compared with tuberculosis, in the number of victims which it claims ; if one adds together the deaths from all the epidemic and recognized diseases, such as small-pox, typhoid, scarlet fever, measles, diphtheria, cholera, etc., we find that all these maladies united together do not destroy half as many people as this one disease. Nor does that cover the whole question or fairly express the gravity of the mischief. Consumption does not carry off only the worn out and the effete ; it is not a mode of decay by which those who have done their work in life sink into the grave. It is a disease which attacks the young at their best. Those who are on the very threshold, just entering a life of usefulness, and who after all the care and labor extended on their rearing and education are beginning to be self-supporting, those are its special prey—those on whom all has been expended, but who have as yet returned nothing to the wealth of the world. Consumption is especially a disease of crowded life, and thus becomes the Nemesis of civilization.

### BLACKHEADS.

Blackheads, or comedo, as it is called, is a disorder of the sweat-glands by which they become distended with yellowish or whitish matter. In the centre of the elevations, which are only of pinhead size, are to be seen the blackish points which give the disease its name.

The spots are usually numerous, and make their appearance mostly on the face and neck. They run a peculiar sluggish course and by their presence the skin acquires a thick, muddy complexion.

Blackheads are almost invariably an indication of general debility, as they are a sign of a badly working skin. Their appearance is usually accompanied by marked dyspepsia and constipation.

The treatment of blackheads is identical with that for toning up the system in general. Clean out the bowels, sharpen the appetite, enrich the blood, and the tendency to the trouble will be removed or lessened. Saline aperient waters should be drunk freely and every attention paid to the diet.

As a local treatment the skin should have frequent applications of water as hot as can be comfortably borne, together with plenty of castile soap and friction. The little black cones may be easily expelled by means of a watch-key. Stimulating ointments and washes should be used, especially those containing sulphur, as this substance is not only a good skin tonic, but is especially useful in the disorder of which we are speaking.

A lotion containing equal parts of sulphur, glycerine, carbonate of potash and alcohol, is a valuable remedy, as it is cleansing and soothing.

Sometimes the swollen sweat-gland contains a small curled hair, sometimes a parasite known as *Demodex folliculorum*, which, however, is harmless and in no way the cause of the disease.

Attention must of course be directed to any disease of the stomach or bowels that may exist.

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### HOW TO PREVENT BALDNESS.

When the hair begins to fall out, and baldness threatens, it is but natural that people should turn to inquire what can be done to avert this latter contingency. Most sufferers take alarm when it is too late. They witness day by day the spectacle of their fallen locks, and when

it is too late, and when the hair bulbs, or papillæ, are destroyed, expect science to provide them with a new crop of hair. Fixed and complete baldness admits of no remedy—unless it is a wig. But when the hair is falling, people should at least make an attempt to save it. Let us see what can be done in this direction. Note, first, that the hair sympathizes deeply with the general health of the body. When people are in low health, a tonic, change of air, and other measures will suffice to restore their head-coverings. If there is constitutional disease of any kind, associated with loss of hair, it is obviously absurd to expect any improvement until the ailment in question has been appropriately treated. Where the hair is falling out, and where scurf exists, let the scurfy condition be cured first of all. But there may exist threatened baldness and thinness of hair apart from scurf altogether. I should in such a case recommend the hair, first of all, to be kept very short, for the reason that not only can we see more distinctly what is happening on the scalp, but any application can thus be better applied to the head, and the cutting has a certain stimulating effect, in addition, on the hair. In a simple case of hair-falling, when the quantity of hair lost is sufficient every day to attract attention, I recommend a simple stimulating wash to be used for, say, a couple of weeks. Such a wash is made as follows: Eau de Cologne, two ounces; tincture of cantharides, two drachms; oil of rosemary and oil of lavender, of each ten drops. Label—"The hair lotion." A little of this lotion is to be well rubbed into the hair roots night and morning. Use soft brushes only and no small combs. If the above treatment is unsuccessful I should feel tempted to try a stronger lotion. One which has been very successful is given as follows: Aromatic acetic acid, one ounce; vinegar of cantharides, two ounces; spirits of rosemary, three drachms; glycerine, one ounce; rose-water to make up eight ounces. Label—"The hair lotion." A little of this is to be rubbed into the roots every night. Note that, as here given, the lotion is of full strength. If it irritates the head at all, dilute what is used with a little water.

#### HOW TO KEEP WARM.

The best way of warming the body is to merely take deep respirations. The virtue of this method was proved in his own experience. Walking along on a very bitter winter's day, he found his ears so chilled as to frequently require the application of his heavily gloved



hands. In addition, the whole surface of his skin was unpleasantly played upon by the "creeps," and he was shivering from head to foot. He began to take deep forced respiration, holding the air as long as possible before expulsion. After a few inhalations the surface of his body grew warmer and a general sense of comfort set in. The frigid ears soon grew agreeably warm, and within the time required to walk three blocks his hands and feet were in a glow, and he felt as comfortable as if he had been sitting by a glowing fire instead of walking in the teeth of a wintry gale. Dr. Sangree insists that much serious illness may be prevented by the adoption of this simple precaution. Unavoidable exposure, as in riding, driving, or standing for a longer or shorter time in the cold, has often been the direct cause of severe and even fatal troubles, such as pleurisies and pneumonias, and a means of quickly stimulating the flagging circulation which a person has always with him, and which can be employed without moving a step, is one which ought not to be neglected or forgotten. The cold chills the surface of the body and contracts the superficial blood vessels, affecting in turn hands, feet and ears, and subsequently the general body surface. The consequent stagnation of the flow of blood renders the tissues still less able to resist the cold. The deep forced respirations not only stimulate the blood current by direct muscular exertion, but by compressing and expanding the lungs an increased amount of oxygen is inhaled, the blood is thoroughly oxygenated, tissue metabolism is augmented and the whole system is pervaded with the rapidly generated heat.

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### CHICKEN-POX.

Chicken-pox, or varicella, as is well known, in some respects resembles variola, or small-pox. A failure to discriminate between the two may subject the patient to the contaminating atmosphere of a small-pox hospital, or, on the other hand, endanger the health and lives of many of his neighbors. It is, in fact, solely for the purpose of deciding this important point that the physician is usually called to see cases of varicella.

So common are epidemics of chicken-pox—as a rule, one and sometimes two epidemics occur each year—that it is rare for any one to reach adult life without having contracted it. Those who have never had it must enjoy some peculiar immunity, since it is probable that every adult has many times been exposed to its contagion.

In the city of Leipsic an epidemic of chicken-pox has been noted to occur regularly after the opening of the infant schools.

Notwithstanding the frequency of chicken-pox, and the usual mildness of its course, it should not be dismissed as of no importance. The child should be directed to stay in the house while the eruption lasts, and during the time in which there is fever he should remain in bed.

An eminent writer on the subject recently emphasized the fact that the disease may leave a tendency to enlargement of the lymphatic glands of the neck, which may then become the focus of tubercular infection. Cases of a severe type should subsequently be treated with appropriate tonics.

Pallor, which sometimes follows the disease, should receive a physician's care. The eruptions on the face should be looked after in a careful way in order that scars may not result.

After all cases an abundant supply of nourishing food and pure air should be provided, in order that no physical weakness may continue as a sequel to the disorder.

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#### COTTON WOOL FOR BURNS.

Cotton wool bids fair to supersede many of the common remedies in the treatment of burns. The cotton should be applied to the burnt parts as soon as it is possible, and if blisters have formed they should not be opened. When it can be done without incurring considerable delay, the cotton should be carded into thin flakes before its application. These flakes should be laid on the injured part, and piled one on the other until they form a soft covering, which, under high pressure, should be about an inch in thickness. A bandage should then be passed around the patient to prevent the cotton falling off; but care must be taken not to draw the bandage tight, or allow it to press the body. Its object is simply to retain the cotton in its place.

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#### FOR ERYSIPELAS.

Would it come amiss to any one or his family to know how to cure themselves of the distressing complaint known as erysipelas? Here is the cure: When first attacked, take an emetic of ipecac, then some thorough cathartic. Make a strong decoction of the bark of spotted willow, which is the whistlewood we know in boyhood; wet cloths in this and bathe the parts affected as often as they itch or burn.

## NETTLE-RASH.

Nettle-rash, hives, or urticaria, is an affection of the skin, generally known to be harmless, and hence often considered of very little importance, both by the family and the physician.

As it is rarely mistaken for any contagious disorder, this indifference is, perhaps, partially justified; but if it is remembered that nettle-rash is usually the manifestation of some cause remote from the skin and hidden from the eye, it will be seen that it may be a danger-signal of some disorder likely to follow unless the nettle-rash itself receives attention.

The occurrence of nettle-rash has in some instances led to the discovery that the patient was suffering from intestinal worms. At other times it may be the precursor of an asthmatic attack.

In individual cases the eating of such simple and, to most persons, nourishing foods as fish, eggs, strawberries or pineapples invariably cause nettle-rash in an aggravated form. The question of the freshness or want of freshness of the articles eaten does not enter into these cases, and the cause of the disagreement is not wholly unknown. The warning is not to be disregarded, however, since persistence in eating the prohibited article results in profound disturbance of the system.

In all cases of nettle-rash attention should be given to the diet, though in some instances the strictest regimen will not be followed by any improvement. In certain of the latter cases some local irritant, such as chafing of clothing, or bites or stings of insects, will account for the trouble.]

The separate wheals, or raised spots which constitute the rash are caused by local congestion, followed by an escape into the tissues of the serum—the watery element of the blood. It is the pressure of this watery fluid upon the minute nerves supplying the skin with sensation which occasions the tingling, burning or itching symptoms which are so familiar to the many sufferers from this complaint.

Nervous influences cause hives in some instances. Emotions, such as anger, fear or excitement of any kind, are known to produce it.

Those who are subject to hives, besides guarding against extremes of any kind, should particularly avoid exposure to cold and dampness of the extremities, since such exposure is prone to affect unfavorably the normal functions of the stomach and liver. It must be remembered that derangements of these organs cause the majority of attacks

of nettle-rash. Overloading the stomach, especially with unripe or over-ripe fruits, should also be avoided.

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### ACHES AND PAINS.

The meaning of aches and pains will be better understood if we consider for a moment the exact significance of pain. Every body knows that pain is associated in some way with nerves, and people are often heard talking learnedly about nerves, when in reality they know very little about them. Every part of the body is abundantly supplied with nerves, which are of two kinds—motor nerves, which carry messages from the brain to the muscles, and thereby enable us to move ; and sensory nerves, which convey impressions to the brain from the sensory organs, such as the eye, the ear, and the skin. The brain receives the impressions and interprets them, turning them into what we call sensations, and according to the nature of the sensation, we call it pleasurable or painful. We thus see that in many cases the nerves themselves have only a subsidiary share in the matter ; they correspond merely to telegraph wires, and transmit messages from one part of the body to another. If the connection be broken at any point, messages can no longer travel—for example, if the nerves of the arm are cut, we should feel no pain, even if the hand were completely burned and destroyed. We are now in a position to understand how pain may originate. It may depend upon an unhealthy state of the brain, upon injury or disease of a sense organ, or sometimes it may depend upon the condition of the nerve itself. In many instances, the difference between pleasure and pain depends simply on the amount of stimulation which is applied. There may be only a comparatively slight difference between the heat which warms us pleasantly and that which scorches us, giving rise to a distinctly painful sensation. The eye is especially sensitive to such differences. It is stimulated by light, and when the light is too intense or glaring, as when the sun shines brightly after a recent fall of snow, we soon begin to suffer from aching and pain in the eyes.

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### THE RIND OF FRUIT INDIGESTIBLE.

That the rind or skin of all fruit is more or less indigestible, is a fact that should not be forgotten. We say all fruit, and the statement must be understood to include the pellicle of kernels and nuts of all

kinds. The edible part of fruit is peculiarly delicate, and liable to rapid decomposition if exposed to the atmosphere; it is, therefore, a wise provision of nature to place a strong and impervious coating over it, as a protection against accident, and to prevent insect enemies from the seed within. The skin of plums is wonderfully strong compared with its thickness, and resists the action of water and many solvents in a remarkable manner. If not thoroughly masticated before taken into the stomach, this skin is rarely, if ever, dissolved by the gastric juice. In some cases pieces of it adhere to the coats of the stomach, as wet paper clings to bodies, causing more or less disturbance or inconvenience. Raisins and dried currants are particularly troublesome in this way, and if not chopped up before cooking, should be thoroughly chewed before swallowing. If a dried currant passes into the stomach whole, it is never digested at all. In the feeding of domestic animals, this fact should be kept in mind. If grain and leguminous seeds are not crushed or ground, much of the food is often swallowed whole, and the husk or pellicle resists the solvents of the stomach, causing a considerable loss of nutriment. Birds, being destitute of teeth, are provided with a special apparatus for grinding their seed, namely, the gizzard. The indigestibility of certain nuts is partially due to the brown skins. Blanched almonds, on this account, are more digestible than those which have not been so treated.

#### DIPHTHERIA.

This is one of the most dangerous and fatal diseases known to mankind. It is very contagious, principally by personal contact with the patient or with articles which have been in the sick room. Children under fifteen years of age are most susceptible to it, but grown people also frequently take it, with fatal results. Clothing may carry the germs of the disease, carpets and bedclothes are especially liable to retain them, and the discharges of the patient are especially dangerous. The disease is known to be due to a special germ or microbe, which first fastens within the throat and produces a very deadly poison.

The following precautions are necessary in any case of this disease: The patient must be kept in a room alone, and no one admitted to the room unless needed to give medicines or attend in other ways to the sick person. No other person should, under any circumstances, occupy the same bed with a person sick with diphtheria. Doors communicating with other rooms which are occupied should be kept

closed. It is an excellent plan to hang over the door a sheet moistened with a disinfectant solution. The person who acts as nurse should not go near any well children, if such approach can be prevented, but if such contact is necessary she should put on clean clothing, after washing hands, face, and hair with a disinfecting solution.

Everything the patient touches or breathes upon is a source of danger. The secretions and excretions are especially dangerous, therefore the chamber or bed pan should be kept half full of an antiseptic solution. The patient should spit and blow the nose upon old rags, and the rags should be at once burned. Copperas should be strewn upon any damp places in the yard, and the privy vault should be disinfected by throwing into it a quantity of copperas, varying from ten to fifteen pounds, according to the size of the vault.

The clothing and bedding of the patient are poisonous, and if the family can afford it should be destroyed by burning. Otherwise they should be thoroughly fumigated by the fumes of burning sulphur before they are removed from the sick room; they should then be boiled for two hours. No other clothing should be boiled or washed with them or at the same time.

The room in which a patient sick with diphtheria is placed should be as scantily furnished as possible—no carpets, no curtains, no draperies, the cheapest furniture and the oldest clothing and bedding. Closets, storerooms, bureaus, etc., should be emptied before the patient is put in the room.

Children who have passed through an attack of diphtheria should be kept out of school for at least four weeks after recovery from the disease, since this can be contracted from a patient long after his recovery. For a similar reason the recently recovered child should not be allowed to mingle freely with his playmates for the same period. It is important that during this time attendance upon school should also be forbidden to all children who have lived in the same house with the patient. The school room must be carefully watched lest it become a place for the transmission and spreading of infectious disease.

### WORK AND HEALTH.

Much has been said about the evil effects of overwork and the necessity for proper periods of rest. The point has not been too strongly urged, but it must be remembered, at the same time, that the best health is enjoyed only by hard workers.

The athlete's arm attains its size by virtue of the greater quantity of nourishing blood attracted to it by the severe exercise which it undergoes. The mental athlete accomplishes his extraordinary amount of brain work only after years of mental training and effort.

Rarely do the parts thus exercised fail. The neglected functions and organs are more often the cause of the "breakdown."

Work is essential to health. Health in its perfection is found only where both brain and body are active, and it is possible that the keenest health has been enjoyed by the hardest workers in the fields of both mental and physical labor.

Sir Walter Scott, whose work stands as a monument to his industry as well as to his genius, was, we are told, most indefatigable in his pursuit of physical exercises of all kinds, in many of which he excelled, and in which he could tire most men as easily as he could excel them in feats requiring long sustained mental effort. Much the same thing is told of Goethe.

These men fulfilled to the utmost the advice of the adage: "Work while you work, and play while you play."

Those whose enjoyment of life is largest, and whose accomplishment of work is greatest for the longest time, are those who go into their work and play in a whole-hearted fashion, or as it is often expressed, "for all they are worth." For such health is supplied in its greatest measure.

The best health is not to be found in the indulgence of "loafing," which is neither rest nor work; it is generated rather by the alternate exercise of brain and muscle. By this means both are flushed with the fluid which gives health and life to all the tissues—the blood.

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#### DYSPEPSIA AS A CAUSE OF BALDNESS.

Dyspepsia is one of the most common causes of baldness. Nature is a great economizer, and when the nutrient elements furnished by the blood are insufficient to properly support the whole body, she cuts off the supply to parts the least vital, like the hair and nails, that the heart, lungs and other vital organs may be the better nourished. In cases of severe fevers this economy is particularly noticeable. A single hair is a sort of history of the physical condition of an individual during the time it has been growing if one could read closely enough. Take a hair from the beard or from the head and scrutinize it, and

you will see that it shows some attenuated places, indicating that at some period of its growth the blood supply was deficient from overwork, anxiety or under feeding. The hair falls out when the strength of its roots is insufficient to sustain its weight any longer, and a new hair will take its place unless the root is diseased. For this reason each person has a certain definite length of hair. When the hair begins to split or fall out massage to the scalp is excellent. Place the tip of the fingers firmly upon the scalp and then vibrate or move the scalp while holding the pressure steadily. This will stimulate the blood vessels underneath and bring about better nourishment of the hair. A brush of unevenly tufted bristles is also excellent to use upon the scalp, not the hair.

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## HOUSE AND HOME.

CONDUCTED BY LILLIAN WHITE.

### THE HOUSE.

**FEATHER BEDS AND INFECTION.**—The most insanitary of all household articles is the feather bed. Quite too frequently it is an heirloom which has come down through many generations past, and sometimes it proves to be a genuine Pandora's box of germs, and bad odors, and other insanitary things which have accumulated during the several generations in which it has done service for all sorts of people under all sorts of conditions. In the larger cities convenient renovating establishments afford facilities for the purification of feather beds, pillows, etc., which, to some degree, remedies the evil of which we complain, but by no means altogether; for the feather bed, at best, contains a considerable amount of organic matter clinging to the quills and feathers, which, absorbing the waste of the body, is always undergoing decomposition, throwing off poisonous gases into the air and affording food for myriads of pestilential microbes, which are ever in readiness to seize a favorable opportunity of infecting a weakened body. Sometimes a feather bed conveys the contagion of scarlet fever, diphtheria, measles, or small pox, and a case of this kind has been known to occur when five children suffered in consequence of playing with an infected feather bed dumped down on an open space by someone who ought to have destroyed it.

**SCRAPE YOUR FEET.**—A very reprehensible and wide-spread custom, obtaining among all classes, is that of not scraping one's feet upon



entering a house. No matter what filth, inadvertently or unknowingly, one has trodden upon or in, straightway into the house it goes on the boots of the thoughtless pedestrian. This custom not only gives the maids or the hard-worked housewife much unnecessary labor, but is fraught with risk to health, seeing that the filth remains upon the mats, carpets, etc., giving rise to effluvia more or less poisonous. At this time of the year, when, to keep out the cold but pure air, folks are shutting up windows and doors as tight as they can, the need for scraping the feet becomes more necessary, if sweet and therefore healthy houses are desired.

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### THE DRESS.

**A DRESS MODEL.**—Those who do their own dressmaking have no doubt often realized the trouble and difficulty of properly fitting a bodice. The following suggestions may be of some interest to amateur dressmakers:—Take an old bodice which fits well; button it down the front, sewing the button-holes fast to the underpiece, so that they cannot drag, and cut the buttons off. Then take a piece of cardboard the size of the neck, and sew it in as a cover, and upon this raise a pincushion by means of rags and sawdust or bran. The sleeves must be cut off at the elbow, and tightly tied or sewn. Turn the figure up, and fill it tightly with bran or sawdust. Allow this to settle for two days, and then again pinch it and pound it until every crevice is tight and firm. Cut another piece of cardboard to fill the bottom orifice, sew this well in, and cover the whole figure with muslin to prevent the bran coming out, and to give a good pinhold. The model is now the exact shape of the individual for whom the dress is intended, and only requires to be placed on the table to fit the material over. When the model becomes “flabby” it can be tightened by forcing the sawdust or bran out of the arms into the body, and refilling the arms with fresh bran.

**MILLINERY.**—The fashionable colors for millinery are pervenche and bright cherry. The first-named, which is neither blue nor purple, but a combination of the two, is being most extensively patronized in Paris, not only for hats and bonnets, but for gowns and mantles. It is by no means becoming to all, only suiting young, fresh complexions; but that is a mere matter of detail. All wear it—young and old—regardless of its individual suitability. Cherry (cerise), on the con-

trary, can be very generally worn ; and wistaria, also a favorite shade, is well fitted, with its delicate lilac tones, to the matronly and elderly. Felt is the material most employed by milliners, and long jet buckles have superseded those of paste. Thick embroideries in gold, steel, multi-colored beading, and jet form the crowns of the Dutch shapes still a great deal worn. Oriental and Russian heavy embroideries are also greatly affected. Another form of the Puritan shape has a rather fluted crown, and is covered with the new shade of sweet-pea pink in miroir velvet; a jet coronet surrounds the brim, and jet ornaments are set amidst the handsome creamy guipure lace, which is the principal trimming ; the strings are of black velvet.

**FLANNEL GARMENTS.**—At this season of the year it is a good rule to regulate the clothing, that, when exposed to out-door air, the difference of temperature experienced shall not be such as to produce any dangerous impressions. It is well to put on flannel garments before the first frost, as it is of very great service in preserving the health of the inhabitants of all cold and temperate climates. Flannel worn next to the skin is the very best dress for those who have begun to decline in years, and is also well adapted for infants and young children, especially in autumn, winter and spring. Flannel worn through the day ought not be worn at night. The best plan is to change for a thin warm garment for the bed. Flannel must be frequently changed, in order to keep it strictly clean.

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### THE KITCHEN.

**HARICOT MUTTON.**—Cut best end of the neck of mutton into chops, put them into a frying-pan with some fat, and fry to a pale brown ; cut two onions, two carrots, and a turnip into dice, fry them in mutton fat, but do not let them brown. Put the vegetables and meat into a stewpan with just enough water to cover them ; simmer for two hours, skim off all the fat, add a little ketchup and some seasoning ; serve very hot. This dish is better if prepared the day before, as then all the fat may be removed while cold, and it will simply require to be thoroughly heated for breakfast.

**BEEF CROQUETTES.**—The inferior parts of cold roast beef will make admirable croquettes. Mince about a pound and a half of it with savory herbs, a shallot, an anchovy and some parsley ; season with pepper and salt and put into a stew-pan with half a pint of white

sauce ; stew for a few minutes and add the yolks of two eggs ; spread upon a buttered dish, and when cold make into oblong or sausage-shaped croutons ; roll in crumbs and after dipping in egg and again in crumbs, fry in hot fat. Dish alternately with a poached or buttered egg and pour a brown sauce around.

**ROAST TURKEY.**—Select a fat, young turkey, singe, draw, and wipe inside well with a damp towel. Take a loaf of stale bread and crumb fine ; add a slice of chopped salt pork, a teaspoonful of salt, half a teaspoonful of pepper and two dozen raw oysters, chopped. Fill the space at the neck and the body of the turkey with this dressing. Place in a dripping-pan with very little water in the bottom. Set in a very hot oven at first, baste every ten minutes, and let cook fifteen minutes for every pound. When done, take up. Serve with the gravy in the pan (to which add the boiled and chopped giblets) and cranberry sauce.

**CELERY SAUCE.**—Cut finely one good head of celery, boil till tender in just as little water as will cook it without burning. Have one full dessert-spoonful of gelatine mixed in a cup of milk. When dissolved add this to the celery, adding also pepper, salt, and a tablespoonful and a half of butter. Boil all together for five minutes, or until it thickens. This makes a pleasant sauce for meats, and may be varied by adding half a cup of tomato-juice and a teaspoonful of juice.

**TO MAKE BOUILLON.**—To make a good bouillon, or beef tea, put a pint of cold water to each pound of beef—cut the beef in at least pound pieces—and set the vessel on the back of the stove to simmer for at least three hours. Then set over a hot fire to cook fast for half an hour. Strain it and set it away to cool and settle. When cold, pour off into a clean, bright vessel, and put in it the beaten white and shell of one egg, one small onion and little pieces of carrot and turnip, with a teaspoonful of burnt sugar. Stir, settle and strain again ; when ready to serve, heat and salt it well ; it takes a good deal of salt.

**INDIAN PANCAKES.**—Sift a pint of yellow corn meal, add a teaspoonful of salt and soda each, pour over hot water to make a thick mush ; let stand until cool ; add the beaten yolks of four eggs and half a cupful of flour, with buttermilk to make batter ; beat the white of the eggs and stir in carefully ; bake in large cakes on a well-greased griddle.

**WELSH RAREBIT.**—Welsh rarebit is another thing that is much in vogue now that chafing dishes are getting to be commonly used among plain people, and to the lovers of "Brown October ale" there is nothing more toothsome than the toast and cheese with their favorite beverage. For a party of four use about half a pound of good English cheese, getting the toast ready before lighting your chafing-dish lamp. Into about a cup of ale cut up the cheese in small shavings and add just a pinch of mustard. Keep stirring with a tablespoon until thoroughly melted, then pour over the toast and serve two slices of toast and a glass of ale to each person. Care must be taken to watch the moment the cheese is done or it will be stringy and unmanageable. For those who do not drink ale milk can be substituted equally well.

**DELICIOUS HOT LEMONADE.**—Hot lemonade is a good drink for these cold days. To make it, squeeze the lemons, allowing one to each person, and set the juice, the skins and a cup of cold water on the back part of the stove to simmer a few moments, having liberally added sugar. When the water is hot take it from the fire and pour it into boiling water to make the amount desired. A cup to each person is about right. Set glasses on a napkin-covered tray and put a teaspoon in each one. Then pour into them the lemonade. With these precautions of the cloth underneath and the spoon in the glass there is no danger of breaking the most fragile glass. At least, in many years' trial of this recipe no such accident has ever occurred.

**ORANGE PIE.**—One large orange, grated, rind and pulp; juice of half a lemon. Add these to the yolks of four eggs, well beaten with four tablespoonfuls of sugar and one tablespoonful of cream. Bake in puff paste and cover with a meringue of the beaten whites of eggs and three tablespoonfuls of sugar. Brown.

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## LITERARY.

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WHEN a woman is at her best, mentally and physically, it is a question which receives adequate answer at the hands of such representative women as Mrs. Julia Ward Howe, Mary E. Wilkins, Mrs. Amelia E. Barr, Mrs. Burton Harrison, Octave Thanet, Gail Hamilton, Mary Mapes Dodge, and others in the November **LADIES' HOME JOURNAL**. Good fiction is a tonic, and the serial story, "A Minister of the World," by Caroline Atwater Mason, for which William T. Smedley

has prepared some charming illustrations, will prove one of the best. Mrs. A. D. T. Whitney contributes another interesting "Friendly Letter to Girl Friends," and Mrs. Burton Kingsland writes of the social laws which govern the "Introduction of a Girl to Society." The twelfth installment of Mr. William Dean Howells' "My Literary Passions," is full of interest and charm, and Mrs. Lyman Abbott, in "Looking Toward a Wife," defines the wisest position for parents in the love affairs of their sons. Rose Hawthorne Lathrop contributes a dainty poem, and Mary Chahoon a Thanksgiving story, "The 'Social' at Barnes' Corners." The Christmas Anthem by Bruno Oscar Klein, which won the prize in the JOURNAL's musical series, is given. Palmer Cox has his "Brownies" play football.

THE opening article of the November issue of THE CHAUTAUQUAN treats of the "Development of Steamships in the Nineteenth Century," and is illustrated with engravings showing steamers of 1805, 1807, 1838, and the fast passenger steamers of to-day. John Ashton tells in charming fashion of "Social Life in England in the Eighteenth Century;" an able article on "The Legislature of the German Empire," is contributed by Professor Burgess, of Columbia College; H. Blerzy writes of "Modern Agriculture in France;" many interesting facts are given by Franklin Matthews concerning "The Newspaper Press of the United States;" "The Germany of To-day," is vividly pictured by Sidney Whitman; Professor N. S. Shaler writes in popular style of "The Value of Geological Science to Man;" the story, "6,000 Tons of Gold," is brought to a close; E. Jay Edwards writes of "Leaders of the House of Representatives," the article being fully illustrated with portraits.

THE POPULAR SCIENCE MONTHLY for November, makes a strong opening for a new volume. First comes a fully illustrated account of "The Glaciers of Greenland," by Professor Angelo Heilprin. The explorations of Peary, the mysterious loss of Verhoeff, and the recent unlucky trip of the Miranda have made Greenland a region of much present interest. There are two notable educational articles in the number. In "Preparation for College by English High Schools," Mr. John F. Casey tells what boys who enter college without Greek are doing. Dr. C. Hanford Henderson contributes the first of two articles on Manual Training, in which he shows what a well-planned manual training course consists of. "The Cobra and Other Serpents," are de-

scribed, with illustrations, by Mr. G. R. O'Reilly, who has lived among snakes in various parts of the world, and is able to correct several popular errors concerning their habits.

THE complete novel in the November issue of LIPPINCOTT's is "Dora's Defiance," by Lady Lindsay, an author who has made her mark in England, though little known as yet in this country. It is a brightly told story of a very peculiar young lady who could find no interest in life till it came too late to be taken in the conventional way. "An Arizona Speculation," by Mary E. Stickney, has the full western flavor, and depicts a character evidently drawn from life. Ella Higginson narrates briefly, but forcibly, a tragical episode, "In the Bitter Root Mountains." In "Rector Warne's Heresy," Gillam W. Ford shows how duty came to the front and drove doctrine into the background. Virginia Woodward Cloud brings to life "The Man who Died at Amdheran," and gives him something to live for. "The Roses," of which Fannie E. Newberry tells, were sent to the wrong lady, with curious results.

The ever pressing problem, "How can reforms be effected in the government of American cities?" is ably considered by Mr. H. C. Merwin, in the November ATLANTIC MONTHLY, in a paper entitled "Tammany Points the Way," wherein he urges that the same agencies—efficient organization and leadership—which have assisted Tammany to do evil, might be equally helpful in a good cause. Mr. George Birkbeck Hill, the editor of the *Life of Johnson*, reviews, in a very readable fashion, some of "Boswell's Proof-Sheets," which are now in the unrivaled collection of Johnsoniana, belonging to Mr. R. B. Adams, of Buffalo. "Reginald Pole," by H. W. Preston and Louise Dodge, is an exceedingly interesting study of one of the most notable personages of the England of Henry VIII. Mr. William Everett discusses "Hadrian's Ode to his Soul," and offers a new translation. Mr. Lafcadio Hearn shows some curious phases of Japanese life in passages "From my Japanese Diary," and Mr. J. M. Ludlow speaks from an English standpoint of "The Growth of American Influence over England." "Seward's Attitude toward Compromise and Secession in 1860-1861," is treated by Mr. Frederic Bancroft. Mr. H. E. Scudder contributes a suggestive article on "The Academic Treatment of English," and Mr. Richard Burton considers the dramatic impressionist, Maurice Maeterlinck. Fiction is attractively presented in the first installment

of a striking two-part story, "The Trumpeter," by Mary Hallock Foote, and "Rosa: a Story of Sicilian Customs," by Dr. Giuseppe Pitre, of Palermo. The poems of the month are "Indian Summer," by John Vance Cheney, and "The Kitten," by Marion Couthouy Smith, and the department of reviews is as full and varied as usual, as may also be said of the entertaining Contributors' Club.—Houghton, Mifflin & Co., Boston.

TABLE TALK for November is typical and characteristic of this bright little magazine which is so useful in the home, giving as it does the very latest hints in the culinary line; in fashions; in etiquette; in the art of entertaining at this, the late Autumnal and Thanksgiving season—in fact, in everything that interests the bright, progressive women of to-day. The housekeeper's inquiry department is especially attractive to those interested in broadening their knowledge and continually having something new and attractive upon their tables. Menus are given, too, for every meal in the month—good, practical tested menus. A sample copy is offered to our readers free, upon application to the office in Philadelphia.

Each successive number of "The Book of the Fair," by Hubert Howe Bancroft, lets us more and more into the plan of the work, which is such, while avoiding too lengthy description, as to cover the entire ground with sufficient detail, and present in permanent form all the characteristics of the great Exposition.

The November COSMOPOLITAN is rich, as usual, and entertains the public with choice selections. "The Great Northwest Territory," by Lee Meriwether, and profusely illustrated. "The Art Schools of America," are well written upon by W. S. Harwood; Albion W. Tourgee comes to notice again by an able article upon "The Story of a Thousand." Take a Cosmopolitan home with you. For sale at all news stands.

THE Arena Publishing company are always to the front with timely publications.

"The New Time," by B. O. Flower, one of the editors of the "Arena," that brightest of publications, and is a model work.

The book is intended as a handbook, outlining the work, aim and methods of the National Union of Practical Progress. Price 25 cents.

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## GENERAL NOTES.

The Thompson Laboratory at Washington, D. C., desires to impress upon the minds of our professional readers that on account of the scarcity of the plants, *Ambrosia Orientalis*, there will only be a limited supply at the disposal of the profession, and it is regretted that this year it will be impossible to send out any more complimentary samples, as their stock of the extract will be limited until next spring.

This extract is wonderful brain tonic and powerful stimulant for the reproductive organs in both sexes.

Reader, if you want to follow our advice, our suggestion, just simply read this: If you are at all troubled with nervous or rheumatic pains; if you desire to be cured by a careful and effective treatment, amid surroundings, whether in winter or summer season, that are most delightful, simply write W. E. Miller, General Manager of the Warsaw Salt Baths, at Warsaw, N. Y., and enclose six cents, and you will learn all about what we suggest. These baths possess wonderful curative qualities, and are considered the strongest salt baths in America. The Sanitarium buildings are new and complete in every particular.

Horsford's Acid Phosphate still leads all of its many competitors, for the best relief for any attack of indigestion and will, in all cases, remove any disagreeable feeling of the stomach.

The wonderful remedy, Hall's Catarrh Cure, still holds up its claims for public recognition, and its manufacturers, F. J. Cheney & Co., of Toledo, Ohio, offer the reward of \$100 if it does not cure.

Dobbins Electric Soap, we consider, a pure soap, and this cannot be said of very few soaps now on the market.

This decision is from a Sanitary point of view.

Ten reasons are given with the usual *WHY* accompanying each, which places the article very clearly before the millions of women who are using it constantly.

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# HALL'S JOURNAL of HEALTH

ESTABLISHED 1854

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HALL'S JOURNAL OF HEALTH PUB. CO., Lock Box 6.

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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VOL. XLI.

NOVEMBER, 1893.

NO. II.

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## CARE OF THE FEET.

BY WILLIAM WATSON HALL, M. D.

One evening in Boston, just as Washington Alston, the painter, was approaching the door of a dwelling where a splendid party had assembled, he suddenly stopped short and said to his friend, "I cannot go in." "Nonsense! Why not?" "I have a hole in one of my stockings." "Pshaw, man, nobody knows it." "But I do," said the celebrated artist, as he turned on his heel and left his friend in doubt, whether to swear or laugh outright.

A long time ago, when you and I were boys, reader, when dead people were brought in and thrown down upon the floor of the dissecting room, just as indifferently as a brawny butcher throws down a great big pig to dissect into sausage meat, ham, and spare-rib, and just as nude, except the face, which alone tells in the recent subject that the man is dead, we used as a pastime, while the lecturer was calling over long Latin and Greek names, as dry as a fence rail and as hard, to be cogitating in our own minds, what was the position of that body when in life, what its relative standing in society. Somehow or other we fell on the feet, as the most reliable indicator, especially, if the appearance of the body as to plumpness, indicated sudden death. Now and then, the well trimmed toe-nail, its freedom from collections under it, and in every other spot from toe-nail to ankle, scrupulously clean; these showed full well, that the poor body so ruthlessly treated now, was tenanted but a few hours before, by a spirit of purity, refinement and elevation, or had friends around it in the last sad hours of life who merited such a character; and it was impossible to withhold our

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sympathy and respect for that lump of lifeless clay. At other times the feet would be found in so filthy a condition, as to excite within us sentiments of the most irrestrainable disgust and contempt, and we felt as if the spirit which had so recently left that tenement was as foul and low as bestiality could make it.

The feet should be soaked in warm water, for at least twenty minutes, twice a week, and at the same time rubbed and scrubbed with a brush and soap.

Besides this, if they were dipped in cold water of mornings, ankle deep, both in at once, for a single minute, winter and summer, having them vigorously and briskly rubbed all the time they are in, then wiped dry and a walk taken, or held to a fire until perfectly warmed, the skin of the feet would be kept in a soft, cleanly, pliable condition, the circulation about them would be vigorous, and the result would be in many instances, that corns and callousities would almost cease to trouble you; coldness of feet would, to a considerable extent, be removed, and taking cold would not occur once, where it now occurs a dozen times; for it is through the feet that many of our most serious ailments come. In addition, let us suggest, that one of the most useful habits, as well as agreeable, during all the season of the year, in which fires are kept burning, let the last operation preceding getting into bed be, holding the naked feet to the fire, for ten or fifteen minutes, rubbing with the hands all the time, until most thoroughly dry and warm. A good anodyne that.

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### A WOMAN'S HAIR.

ALBERT SCHULTZ, M. D.

We speak particularly about woman's hair because men, nowadays, do not wear hair, except in the case of geniuses like Paderewski.

If, by any chance, hair grows on the head of a man, he religiously has it cut off once a fortnight, and as the shears cannot do the work close enough, he calls in the clippers to complete the work.

A great deal has been said about the beautiful girl with tresses of satiny sheen, but it is rarely, indeed, that said tresses ever materialize before the public eye. Most of the girls one meets have hair that looks as though it might have been used for a dusting brush. It is as destitute of gloss as an old shoe, and looks grayish and dingy. This

is due not entirely to carelessness or natural causes, but to the conditions under which we live. It is impossible to keep the hair in perfect order unless the head is almost continually covered, and this, after a time, affects the growth of the hair and causes it to fall out. Our houses are too dusty. The air in our streets is simply filled with clouds of pulverized earth and particles of various sorts. Half an hour in a high wind, even though a light veil be worn, will so cover the hair with the flying debris that nothing but a thorough scrubbing will restore it to anything like a cleanly condition. This in many cases necessitates some hours of time and a certain amount of risk.

One who is at all inclined to be delicate or susceptible is almost certain to take a little cold when the hair is washed. This being the case, and in our variable and uncertain climate, where throat and lung difficulties prevail to such an alarming extent, it is little wonder that dusty hair has become the rule.

Rubbing the hair every night with a soft linen towel, heated very hot, is an excellent plan. It absorbs a certain amount of the oil in the hair, and with it takes out the dust. Brushing, while very strongly urged by many persons, is thought by others to do more harm than good, especially in certain conditions of the hair. If the scalp is at all sensitive, too vigorous brushing causes serious irritation, and sometimes eruptions, all of which tend to inflammation around the roots of the hair, and will lead to a low state of its vitality and consequent falling off.

The use of oils on the hair has long since gone out of fashion, but there are many persons to whom something of the sort is almost a necessity. The hair becomes so dry that its beauty is gone, and in addition, it is so badly nourished that it loses its strength and lustre. In such cases a little fine oil is the proper remedy. Those who have very dry and rough hair, especially if subject to pain and feverishness in the head, will do well to try some softening application, at least as an experiment. One ounce of glycerine to a pint of rose-water, with two or three grains of quinine thoroughly shaken together makes an excellent hair tonic. The trifle of glycerine gives it softness and moisture and a very pretty gloss. Care must be taken, however, to keep the head away from dust as much as possible, for the glycerine will hold it and soon make the most beautiful braid dull and grimy-looking.

In the treatment of the hair, as in almost everything else in the



world, great judgment and a good deal of common sense are necessary ; and, furthermore, what agrees with one is by no means beneficial to another. Hair, to be at its best, must be kept clean, and this can only be done by a great deal of hard work and constant watchfulness.

## MISCELLANEOUS PARAGRAPHS.

### THE USE AND ABUSE OF TOOTH-PICKS.

The exciting causes of caries of the teeth are invariably external, and among these decomposition of food, or of mucus between the teeth, holds a prominent place. It follows that removal of such matter must be beneficial. One of the means of accomplishing this is the tooth-pick, which, judiciously used, is of undoubted value. Food lodges between the teeth from a variety of causes : the extraction of a tooth may lead to those contiguous falling apart, and so leaving spaces ; improperly filled teeth, such as those left with rough edges, or not sufficiently "contoured"—that is, built up to the original configuration of the lost part—will form food traps ; irregular position of the teeth, or recession of the gums—all these will act in the same way. Attention to the teeth before company is certainly inelegant ; but it is not necessary here to approach the subject except from a medical point of view. Of the materials used as tooth-picks, the best is the quill with the sharp point removed, but with this, as with all other forms, care must be observed. By indiscriminate application the gums may be so irritated and injured as to cause recession, and thus increase the existing trouble, or inflammation of the tooth membrane may be caused, a most annoying condition, and one in which the still more vigorous use of the tooth-pick gives temporary relief, only in reality to add fuel to the fire. Metal tooth-picks are good, because blunt pointed, but are too thick to pass between teeth at all close together. Wood need only be mentioned to be condemned, for it is a by no means uncommon occurrence for small fibres to become detached and jammed between the socket and tooth, leading to chronic periostitis and even loss of the tooth, if the condition is not recognized. An excellent substitute for the tooth-pick—one having few objections, and one which will save many a visit to the dental surgeon—is antiseptic, waxed, dental floss silk, which, passed between the teeth night and morning, will invariably reveal accumulations which have escaped the tooth-brush, however carefully employed.

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DANGERS OF BAD FOOD.

The risks run by those who eat food not in the best condition are strikingly exemplified by a case reported from Italy. A well-known Florentine professor of music, his mother, wife, and son, ate a fish called "cefalo;" in the interior, when cleaned, some small fishes in a putrid state were discovered, but, as all unpleasantness disappeared under the cooking process, the servant said nothing about it. The professor, his wife, and mother all died from the effects, and the event has thrown not Tuscany alone, but all Italy into a state of excitement, as the fish to which the cause of death is ascribed is very largely used.

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HOW TO BREATHE PROPERLY.

Most people breathe properly, often more by accident or instinct than by design; but, on the other hand, hundreds of thousands, do not breathe properly, while many thousands at this present moment are suffering from more or less severe affections of the lungs or throat, owing to a faulty mode of respiration—in other words, because they breathe through their mouth instead of their nostrils. The mouth has its own functions to perform in connection with eating, drinking and speaking; and the nostrils have theirs, viz., smelling and breathing. In summer time the error of respiring through the mouth is not so evident as in the winter season, when it is undoubtedly fraught with danger to the person who commits this mistake. If any one breathes through the natural channel, the nostrils, the air passing over the mucous membrane lining the various chambers of the nose becomes warmed to the temperature of the body before reaching the lungs; but if he takes in air between the lips and through the mouth, the cold air comes in contact with the delicate lining membranes of the throat and lungs, and gives rise to a local chill, frequently ending in inflammation. Many persons, without knowing the reason why they are benefited, wear respirators over their mouths in winter, if they happen to go out of doors. By doing this they diminish the amount of air which enters between the lips, and virtually compel themselves to breathe through the nostrils. But they could attain just the same result by keeping the lips closed, a habit which is easily acquired, and conduces to the proper and natural way of breathing. We believe that if people would only adopt this simple habit—in other words, if they would take for their rule in breathing, "Shut your mouth!" there would be an immense

diminution in two classes of affection, viz., those of the lungs and throat, which count many thousands of victims in this country in the course of a single year. Man is the only animal which has acquired the pernicious and often fatal habit of breathing through the mouth. It commences in childhood, and becomes confirmed in adult life, often engendering consumption, chronic bronchitis, relaxed sore throat, or some other disease of the lungs or throat which is set down, usually, to a different cause altogether. In concluding this short article, we venture to ask our readers to judge for themselves. When they step out in the morning into the fresh, but cold air, let them try the difference of feeling arising from the two modes of breathing—through the nostrils and between the lips. In the former case they will find that they can breathe easily and freely, yet with comfort, while the fresh air, warmed to the temperature of the body by its contact with the nasal mucous membrane, is agreeable to the lungs; in the other case, if they draw in a few inspirations between the parted lips, the cold air, rushing in direct to the lungs, creates a feeling of coldness and discomfort, and an attack of coughing often comes on.

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#### HOW TO DRINK.

Never drink a glass of water in the dark. You rush into the hot dining-room in the evening, pick up a glass and drain it without so much as thinking that forty things may have polluted it standing there in the dim light. The ice may have thawed out a small, hibernated wrigler and who is gleefully taking his first excursion just as you pour him out to swallow him. The insect, the noisome fly, or the winged bug of summer air, is yours. Look first at a glass of water, even if you dip it from a mountain spring, or take it from the finest banquet table. Do not get up in the night and pour down a glass of unseen water. Health is worth the striking of a match.

Do not pour the water down at one act. All the organs of taste are situated in front of the gullet a long way. About the teeth, in the lips, cheeks, and top of the mouth, are nerves which "taste good" when you touch them with water. If you let the draught slip past without touching these nerves, you rob yourself of nearly all the gratification. Fill the cheeks. Even to fill the mouth with ice-water and eject it, when you are very warm, will quench thirst, and save you headache from the congestion that follows, suddenly flooding the stom-

ach with so cold a draught. Do you not see the wise fellow washing out the poor car-horses' mouths by sponging, allowing scarce any drinking? The horses like it. It quenches thirst and protects them from sunstroke. One can scarcely do a more dangerous thing than on an empty stomach, and when very warm, to drink rapidly a glass of milk. Milk must be coagulated as the first step of digestion. If there is no other food, the milk forms masses by itself. When taken by sips, or small mouthfuls, the coagulated masses are natural, small, and give no pain. But a mass of solidifying milk, the quantity of a drinking-glass, has been known to prove even fatal, as it almost always proves distressful. Iced milk is a villainous insult to any stomach. The mouth that knows no better than to offer it ought to go thirsty. It is sanitary to crumb crackers in milk, the more solid food forming centres about which digestion goes on, preventing the milk "lumping" about itself.

Water, however, is our chief theme. Oh, for the pen of an angel to write it! The harm of impure drinking water! The office of water is to take into the system so many chemical properties. We generally think of water only as an agreeable thing. But it is intended to give the body chemical salts, that are necessary to our very life. There never was, there never can be, a physician's prescription that will administer to the human body the chloride of sodium, the phosphate of lime, the carbonate of iron, the potassa, the silica, the bromide, the gases, as water can. If you never examined the constituent elements of good, palatable water, you will be surprised to know that all remedial elements are in such water. The subtle process of the distribution through the system, who can know? But when you remember that the human body itself is largely water, the lodgment by water alone of a chemical, in just the right spot that needs repair, becomes evident.

It is not known just how "medicinal spring waters" do their work. A druggist can compound the extract Vichy, so far as analysis reveals what is in the water. But no analysis is perfect. Far from it. Everything in human knowledge is imperfect. Not even Benjamin Silliman, Jr., the eminent chemist, could say, "I have found out all there is in a Croton, or any other water." Hence, it is evident that there must be something in the way the elements and properties combine that can never be counterfeited. It is probably that combination that does the work. It is God's remedy, and not man's.

### TURKISH BATHS.

There are three grand maxims that all who use Turkish baths should rigidly observe. First, never to return to the frigidarium until after the douche or plunge; secondly, to avoid all undue excitement, and thirdly, to retain as far as possible the horizontal position. Conversation should be sparingly indulged in at every stage of the bath, even in the final one; but it is especially to be deprecated in the hot chambers, where, if carried on at all, it should be in an undertone and quite desultorily. Physical exercise of any kind is objectionable, and no disturbing influence whatever should be permitted to interrupt the calm and even tenor of the bathing process.

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### PROVIDING FOR EMERGENCIES.

In a scattered country neighborhood, where it is impossible to summon a physician quickly, the medicine chest is an absolute necessity. It should be well arranged, so that everything and anything may be found without delay. And it must, most emphatically, be out of the reach of children. Every housewife should learn enough of physiology and disease to prescribe simple remedies for ailments and accidents, though this should never prevent her from sending for a regular physician when she has reason to suspect serious illness.

Another point to be avoided is indiscriminate dosing. In the closet where medicines are kept, there should be a supply of bandages, lint, sponges and plaster. As soon as any material gives out, it should be promptly replaced, or it may result in serious inconvenience. In the country a mother is the most often called upon to dress cuts, insect bites, etc., and in addition to this she should familiarize herself with the proper treatment for sunstroke and drowning accidents. A few simple remedies are here given.

The terrible pangs of whitlow or felon are cut short by the application of intensely hot water. Have the water as hot as can be borne, place the finger in and keep renewing the hot water for several hours.

A large proportion of all cramps and pains can be relieved by water of proper temperature and intelligently applied.

In case of burns from acids or alkalis, use cold water freely, as every application will tend to dilute them and render them less liable to injure the skin.

In case of a wound where there is considerable bleeding, use cold water applications freely. For bruises, the immediate application of cold water, or some evaporating lotion,—such as camphor or weak tincture of arnica—is the best treatment for alleviating suffering and hastening the absorption of blood.

When a sprain occurs, lose no time in attending to it, however trivial it may appear. Ascertain whether there has been a fracture or dislocation. If so, send for a physician as soon as possible and keep perfectly quiet until he arrives. If there is no fracture or displacement of bones, but only excessive swelling about the joint, bathe the injured member in as hot water as possible. Bathe from 15 to 30 minutes, renewing the water occasionally and applying with a sponge. Then wrap the injured member in strips of flannel saturated with hot water and cover with dry cloths. Do not use the sprained member until recovered. Complete rest is the only cure for a sprain.

For bleeding from the nose, hold a sponge saturated with cold water to nostrils and nape of the neck. In case this does not succeed the bleeding can be stopped by vigorous action of the jaws. If a child, a wad of paper may be placed in the mouth, and the child instructed to chew hard. It is the motion of the jaws that stops the flow of blood.

To ease rheumatic pains, boil a few potatoes and use the hot water in which they were boiled. Dip some cloths in, wring out, and apply as hot as possible. A small vegetable press, such as are retailed for 25 cents, is excellent to wring out hot cloths. It saves time and scalded hands.

In case of a cut or jagged wound, smoke the wound with burned flannel on which has been placed a small quantity of sugar. Sprinkle a little sulphur over the wound and tie up with bandages, and it will heal immediately. A very dangerous wound, made by a sewing machine needle, where the needle fragments were found to have been bent almost double against the bone, was cured in this manner. The danger of lockjaw and the extreme pain were entirely removed by holding the injured finger and arm over the smoke of woollen cloth burned over the coals.

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#### EARLY TO BED AND EARLY TO RISE.

Certainly in this country there is considerable cause for complaint in this direction, everything appearing to be made later and later, din-

ners, social functions, and theatrical entertainments all commencing at an unduly late hour. This practice of turning night into day is undoubtedly a pernicious one—it ruins the health, perverts the taste, and is as effective in lowering the standard of intellect as the abuse of alcohol. Without going quite so far as Bjornsterne Bjornson, who advocates legislation by the State and the opening of schools and government offices at sunrise, we are certainly of opinion that a step in the right direction would be an earlier commencement of all labor and occupation in the country and a corresponding earlier termination. Perhaps if this reform were initiated by the State it would soon be adopted by the private employers of labor; but it will certainly take a great deal of persuasion to educate the people of this country up to the point of commencing the day at sunrise, taking their amusement at theatres and places of public entertainment between four and seven, and retiring to rest between nine and ten. If such a condition of affairs could be brought about it would do much to alleviate many of the ills from which society is at present suffering. Of course, the amount of sleep required varies with the age, habits, condition and peculiarities of the individual. No definite rule can be given for the guidance of all; the average amount required, however, is seven or eight hours out of the twenty-four. Some persons need more than this, while others can do with less. Since both body and mind are recuperated by sleep, the more they are exhausted the more is required. Six hours of unbroken sleep does more to refresh and revive than ten when frequently interrupted, but if sleep is too prolonged it weakens and stupifies both body and mind. Persons who eat much or use stimulants freely, generally require more than others.

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### POISONING BY NICOTINE.

#### THE EFFECTS OF EXCESSIVE SMOKING.

The large and constantly increasing use of tobacco in the various forms naturally multiplies the cases of nicotine or tobacco poisoning. The use of the "weed" is so extensive as to be almost universal. New recruits are constantly joining the great army of indulgers, and the veterans seldom or never desert.

Moreover, as in all vices, every one has an excuse by way of apology for the indulgence. One formed the habit for companionship, as he calls it; another first started its use for an aching tooth, upon the sage

advice of one who had smoked tobacco for years, and never had the toothache.

The effect of the tobacco habit is much more serious than would appear upon the surface. It is very analogous to the morphine, chloral habits, etc. When deprived of the weed the craving is almost intolerable.

Apart from the plainly visible objections to be used against tobacco is the desire it causes for alcoholic stimulants. The reason is obvious. The depression caused by it is relieved by alcohol in some form, and in that way the taste for liquor becomes established.

The effect of tobacco using is especially noticeable in the young boy who smokes four or five cigarettes a day, and in the young man who consumes as many cigars. You can tell them by the pale face, the haggard eye, and general air of listlessness. The appetite, too, becomes impaired; dyspepsia supervenes, with the subsequent loss of flesh. Heart palpitation and frequent headaches follow. Atrophy or withering of the optic nerve, with ensuing blindness, is one of the results of excessive indulgence.

The symptoms of tobacco poisoning, although they differ slightly in individuals, in the main they are very similar.

The desire for the constant use of tobacco increases to a marked extent, and the unfortunate individual finds himself very unhappy unless he be constantly under its insidious influence. With a feeling of regret he knock the ashes from his pipe, tosses away his cigar stump the last thing at night before retiring; and in the morning he draws his waking breath and tobacco almost at the same time. He seems to realize that the habit is gaining a much stronger hold upon him than he ever anticipated. Furthermore, he also perceives that his appetite is capricious; food in general has lost the old agreeable taste. The appetite for tobacco, however, seems to be wonderfully strong. He becomes exceedingly nervous and easily startled; the heart beats with unwonted force, or may flutter along, with weak, rapid pulsations at the wrist. Spells of dizziness and nausea seize upon him, together with a weakness that suggests an approaching fever. Dull headaches become frequent, intermingled with sharp neuralgia over the eye, and not infrequently in the eye itself, the expression of pain being such as would suggest a bursting of the eyeball.

The mucous membrane of the lips and eyelids becomes pale, the face bleached, and the expression haggard and pinched.



There is usually a shifting pain in the region of the liver or slightly below. The pain, which is of course neuralgia, is exceedingly annoying, and if the individual happens to make the mistake of consulting the family medical book in an effort to diagnose the trouble, suggestions of typhoid fever, abscess of the liver, and appendicitis crowd upon his shattered nerves with telling effect, and in despair he hurries at last to the family doctor. Though death seldom occurs from this form of poisoning, yet indirectly it is possible, the system being so weakened that grave and fatal maladies are invited.

In the treatment of this form of tobacco poisoning it is imperative that the use of the drug be discontinued. Any one of the bitter tonics may be given to increase the appetite and subsequent digestion of food. Iron in some form is exceedingly beneficial; 10 or 15 drops of the tincture taken in half a glass of water after meals will have a happy effect. But it should be borne in mind that the tincture of iron always should be taken through a glass tube or straw, to prevent the dissolving effect of the acid upon the teeth.

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### EXERCISE.

One of the important items in the economy of human life is exercise, without which it is impossible to enjoy good health, so that it behooves every one to bear this in mind, and not allow his system to become enervated from a culpable negligence of one of the first duties of life.

It is absolutely necessary that not a day should pass without taking open air exercise, and the more that is taken without fatiguing the body the better; a person in pretty robust health should have at least two hours' exercise every day.

Some persons are afraid of going out in wet weather; but as an invention supplies us with materials impervious to the rain, it is better, even in such weather, to be in the open air.

The most salutary exercise is horse riding; but as that is within the means of a comparative few, the majority must be content with the next best exercise—walking.

In taking a walk, it is advisable that a person should have some object in view, even if it be to pluck a particular blade of grass, or a twig out of a hedge; for, without a purpose, the mere walking of so many miles is liable to become tedious, and is certainly uninteresting.

All thoughts of a disagreeable or engrossing nature should be driven from the mind when walking, or the benefit of the exercise will be rendered nugatory, as the body sympathizes with the mind, and when one is free, the other should be so too.

The most healthy, as well as agreeable localities for walking, are those that stand high, the air being purer and the ground drier.

The time for walking must in a great measure be regulated by a person's avocations; morning is, however, decidedly the best time, and any period before night is preferable to night itself.

Walking before breakfast has been canvassed pretty freely by the medical profession; some persons' constitutions, however, cannot bear fatigue until they have taken some nourishment, and by way of experiment, a trial might be made of a glass of milk and a biscuit before going out for a walk; but should the feeling of lassitude, accompanied by a headache, come on during the day, it would be wiser to desist from persevering in what does not evidently agree with the constitution.

Of late years the inducements for taking exercise have become numerous; for sixpence or a shilling, the railway or steamboat will convey passengers many miles from London, where the delights of the country lanes and fields may be indulged in, and a day of real enjoyment provided, without incurring any great outlay.

A celebrated pedestrian used to declare that no one knew what true happiness was until he felt in a position to walk thirty miles a day. His expression was, that when he had completed his training, "his heart was so light that he felt as though he could jump over the moon;" but immediately that he relaxed into a gross and idle style of living, he felt a dullness and heaviness almost insupportable. Now, although it is not to be expected that we should put ourselves under the same rules and regimen as professional walkers, it is nevertheless evident that the principle is correct, and the more largely we practice it, the nearer we shall approach to perfect health.

A great recommendation in connection with exercise is, that the more we take the more we are able to take; the man who walks a mile to-day will be equal to a mile and a half to-morrow, two miles the next day, and so on.

One of the greatest mistakes is for a person to say, as we very frequently hear them, "Oh, I feel so tired and languid, that I cannot possibly stir out to-day;" whereas, if they were to make the attempt,

they would find that feeling of lassitude wear off as they proceeded, and eventually feel so much refreshed as to congratulate themselves on having made the effort.

This is to be said in favor of exercise, that whereas, thousands have died from the want of it, none have ever yet been killed from taking it.

Many persons exultingly exclaim, "What a fuss there is about this exercise ; and yet look at me, how well and hearty I am, that seldom or ever take any." And so they may apparently be up to a certain age, but see them in a few years later, perhaps suffering from an incurable asthma, overloaded with a burden of fat, or undergoing some infliction as the just retribution for the neglect of exercise in their early days. What would they give now for the opportunity of carrying out a principle which they scoffed at then !

In conclusion, were we to pen volumes on this subject, we could not more clearly express our meaning than in these few words : Exercise is necessary to the human frame, and must be taken every day ; and unless we do so, we must be content to sacrifice not only our health, but even life itself.

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### HYGIENE FOR MEN AND WOMEN.

There are some sentiments and emotions which take possession of our minds that prevent the healthful play of the faculties and produce disease. One of these is hate. Hate is generated in society by many ways, but in whatever way it is an incubus on all that is good.

Another of these sentiments is repugnance. What do we mean by this term ? It means antagonism, opposition, or an unwilling state of mind. It is a form of hate, and while not quite so bad, it does a great deal to lower the healthful tone of body and mind.

The other time and health destroying sentiment is that of resentment. The term may be taken in a good or bad sense. The bad sense is when we take things the opposite of what they are intended, or when we do not see things clear and straight, but distorted. Resentment is a dark and bitter displeasure at some real or imaginary injury received from another, and because of being personal it is often very hard to get rid of it.

There may be a time to hate and to resent, but far too much of that which exists in society has no place and ought to be uprooted, and in

place of it substituted respect, esteem, affection. Half of the time of many ordinary minded persons is consumed by harboring resentments. If we could free ourselves from them we should not only be healthier, but get time to think, to reason, and to learn how we ought to live.

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### NATURE'S AID TO MEDICINE.

There is a good deal of truth in the law of "like cures like." Homœopathy has its errors, as have the other schools, but the thoughtful student will learn much by a careful review of the theory and principles which govern their medication. Homœopaths are close clinical observers, and have learned to associate certain symptoms with certain drugs with great accuracy. This practice is largely empiric perhaps, but when it is successful the ultimate aim of medicine—to cure—is fulfilled.

An American physician, writing to a contemporary, says that of course it is more interesting to know exactly why you give a medicine—to have a mental picture of the pathology you are treating. One has a stronger grasp of the situation, a more thorough understanding of the case.

But has not the regular school unconsciously appreciated and acted upon this first principle of homœopathy? We do not apply it in the same way, it is true, but we have learned that the symptoms of disease are commonly the outward manifestations of the medical force of Nature at work. We recognize that the labor of this reflex intelligence is in the right direction, but it is slow and sometimes produces great shock, so we give a medicine which will do quickly what Nature does haltingly, and reduce shock to the minimum.

Why, else, do we give Epsom salts or calomel in dysentery, enteric fever, and allied intestinal disorders, expectorants in broncho-pulmonary disorders, remedies to act upon the skin in cutaneous diseases, the kidneys in nephritis, etc.

Remove the cause of course, avoid the conditions which produced the disease in the outset, but remember nine times out of ten Nature clearly indicates the plan of treatment if you but read her signals aright. You may know convenient and successful short cuts; if so, well and good, but if not, try this revised version of "like cures like."

## HOUSE AND HOME.

CONDUCTED BY LILLIAN WHITE.

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## THE HOUSE.

**SILVERING GLASS MIRRORS.**—There are several ways of silvering glass. Drayton's method is as follows : Take 1 oz. of coarsely pulverized nitrate of silver, one-half ounce of spirits of hartshorn, and two ounces of water, and mix them together. After letting the mixture stand for twenty-four hours, filter it. The deposit on the filterer is silver, to which must be added three ounces of methylated spirit at 60 degrees above proof, or naphtha. Add to this from 20 to 30 drops of oil of cassia, and let it stand for about six hours ; it is then ready for use. Clean and polish your glass thoroughly, place it in a perfectly horizontal position, and raise a wall of putty round it high enough to allow the solution to be laid all over the glass to the depth of from one-eighth inch to one-quarter inch. After the solution is poured on the glass, mix one part by measure of oil of cloves to two parts of spirit of wine, and drop it on the solution in places, or it may be mixed with the solution immediately before applying it. When the required deposit is obtained upon the glass, which takes about two hours, pour the solution off, and let the glass get perfectly dry. It should then be coated with varnish, made by melting together beeswax and tallow in equal proportions. It takes about 18 grains of nitrate of silver for each square foot of glass. The quantity of spirit varies, as its evaporation depends upon the state of the temperature. By the addition of a small quantity of oil of carraway or of thyme the color of the silver may be varied.

**AN IMPROVED NIGHT-LIGHT.**—In every home it is sometimes desirable to have a softened night-light, and where there are children or invalids it is often indispensable. The question, therefore, arises as to the best methods of obtaining a soft, rather dim light, without the odor from a lamp that is turned low, or the objectionable gas. Dainty little arrangements in the way of "fairy lamps," etc., may be bought, but many of them will offer some objectionable feature, and a satisfactory and inexpensive substitute may be contrived by any one. One of the best ideas is to weight a piece of candle so that it will float up-

right in a tumbler of water. This will last several hours and will burn until the wick is below the surface of the water. There will not be the least danger of its flaring up or smoking, and when it is burnt out it will simply fall over into the water without giving off any objectionable odor.

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### THE KITCHEN.

**A GERMAN CABBAGE DISH.**—Take half a red cabbage, remove the outside and bruised parts, divide into halves and take out most of the hard core. Shave into slices, slanting the knife so that the slices will be short, the result being about a quart of shredded cabbage, which should be allowed to stand in cold water for a short time. Melt a tablespoonful of butter, add a small slice of onion, half a teaspoonful salt and half a saltspoonful of pepper. When the onion has cooked for a few moments in the butter, add the cabbage with only as much water as drips from it; cover closely, and let it gradually heat. It must be watched so that it will not burn, and cooked slowly until nearly tender. Then add two tablespoonfuls of vinegar and a teaspoonful of sugar, and cook for ten minutes longer, the cooking requiring from twenty to thirty minutes in all. Serve in a pretty round dish, garnishing with potato roses, the Germans considering the combination of cabbage and potato an especially good one. This method of cooking cabbage will be found a good one, the only difficulty being the danger of burning. A broad-surfaced kettle is the best to use for this method, and an asbestos mat may be slipped under it to help matters. If, in spite of all precautions, vegetables burn, they must be removed at once to another kettle, leaving the burned portions behind. The addition of water only serves to make matters worse. As red cabbage spoils quickly it is better to use soon after cutting.

**GROUND RICE PUDDING.**—Three pints of milk, five tablespoonfuls of ground rice, three eggs, a little grated nutmeg, juice and grated rind of one lemon, sugar to taste. Mix the rice with a little of the cold milk, put the remainder of the milk into a double boiler, and when boiling stir in the rice mixed with the cold milk. Add a piece of butter the size of an egg, keep it on the fire till it thickens, stirring constantly. When nearly cold add the eggs well beaten and the other ingredients. Turn into a dish and bake three-quarters of an hour.

**RUSKS.**—Melt half a pound of butter and mix it with two-thirds of a pint of milk, add flour to make a thick batter and three tablespoonfuls of yeast. Set the batter in a warm place until light. Beat two eggs with half a pound of granulated sugar and work it into the batter with the hand. Add a teaspoonful each of salt and cinnamon, and flour enough to make it sufficiently stiff to mould into cakes the size of biscuit. Let them rise till a spongy lightness. Bake fifteen minutes in a hot oven.

**BROILED BEEFSTEAK.**—Take a piece of tender rump steak about an inch thick, lay it on a board and trim it neatly, spread with force-meat, and then roll up, sewing the ends neatly over. Bind it round with tape to keep it in good a shape. Place it in a roaster, and allow twenty minutes for every pound and twenty minutes over on four pounds. Serve with a ring of potato chips, which are to be prepared as follows: Select small potatoes as near one size as possible, peel them and cut them in eight like the quarters of an orange, and leave them in water until they are required. Put a pound of dripping or lard into a stewpan, and when a blue smoke is to be seen coming from it, put in the potatoes, carefully dried, and let them cook to a golden yellow. Lift them out and let them drain for a few minutes, and then return them again to the lard for three minutes, when they will be quite crisp. Garnish the meat with a line of finely-grated horse radish lengthways down it.

**PERFECTION IN CAKE-MAKING.**—Housekeepers frequently wonder why it is that they cannot make biscuit and cake that are light and palatable, and that taste as delicious as the biscuit and cake made by their mothers and grandmothers, the delightful memory of which even to this day creates a sensation of pleasure to the palate. The trouble arises from the highly adulterated state of the materials they have to work with, particularly the cream-of-tartar and soda used to raise or leaven the food. Cream-of-tartar and soda that are now procurable for domestic purposes contain large quantities of lime, earth, alum, and other adulterants, frequently from five to twenty-five per cent., and consequently vary so much in strength that no person can tell the exact quantity to use, or properly combine them, to insure perfect results. From using too much or too little, or because of the adulterants in them, bitter, salt, yellow, or heavy biscuits or cakes are frequently also made. These adulterants are also injurious to health.

All this trouble may be avoided by the use of the popular Royal Baking Powder. Where this preparation is employed in the place of cream-of-tartar and soda, its perfect leavening power always insures light, flaky, digestible biscuit, cakes and pastry, that are perfectly wholesome and free from the impurities invariably present when the old raising preparations are employed.

The Royal Baking Powder, we are informed by the most reliable scientists, is perfectly pure, being made from highly refined ingredients, carefully tested, and so exactly proportioned and combined that it never fails to produce the best and uniform results. An additional advantage in its employment comes from the fact that bread or other food made with it may be eaten while hot without fear of indigestion or any unpleasant results, while being equally sweet, moist, and grateful to the palate when cold.

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#### THE DRESS.

**THE NEW SHOE.**—In reply to the question, what is the finest and smartest shoe of the season, a fashionable New York shoemaker said : "It is made of dongola skin, a species of goatskin, and very well does this wear. It is the boot which has taken the place of the French kid, and we have this dongola kid glazed, making it thus a little more dressy than the heavy walking boot—now more in demand than ever. We cannot get our orders out for the calfskin boot, and the favorite last is the very pointed toe."

**GOOD FORM IN JEWELRY.**—Fashion makes certain wise laws for the wearing of jewelry. People who break these laws and assume too much are at once showing ignorance and lack of that fine taste which is at the heart of everything which fashion dictates. You may have rings innumerable—as many as the famous being who adorned her fingers and toes with them—but that is no reason why you should look like a heathen goddess, or as if you were anxious to let all the world see at one time just how many golden circlets you possess. You who have the beauty of youth do not need to wear jewelry—a little ring, if you will, a modest brooch and perhaps a bangle on your wrist, but not an arm covered with them. Do not wear a ring on your forefinger and do not believe, because a few actresses and women who think being odd is being individual, wear rings on their thumbs, that it is the proper thing for you to do.



EDITOR'S OUTLOOK.

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## A NATIONAL DEPARTMENT OF HEALTH.

From time to time in various medical and sanitarian societies, congresses of physicians and sanitarians and medical journals, agitation has been undertaken in behalf of the creation of a national department of health. The President, in a message to the last Congress, recommended the creation of such a department and it is to be presumed that, in one form or other, the department will be created soon. The plan suggested for the organization of the department by various medical societies, committees, newspapers and individuals vary considerably, not only in detail, but in fundamental principle. It is not our purpose to discuss these various plans *in extenso*, but merely to call the attention of our readers to the importance of considering the subject, and of adding their influence to the movement in favor of the centralization of sanitary authority by an acceptable method.

Some of the plans suggested, however, and the character of some of the individuals at work in their behalf, are such as to arouse grave doubts of their wisdom in the minds of those who may justly be called the better element of the profession. Whenever and wherever partisan politics or personal self-seeking has been permitted to influence the organization and administration of Health Boards, or other sanitary bodies, the result has been detrimental, alike to the interests of science and to the welfare of the community.

The medical politician is one of the worst of his class, clothed in the gown of a learned profession, his true character is the more readily concealed, and his opportunities for evil are thereby multiplied. That such men exist is a sad but indisputable fact, and it is well known that they are actively at work in the hope that some of the loaves and fishes to be distributed by the new department, or some of its opportunities for personal aggrandizement of a less material character, will fall to their lot. It, therefore, becomes the duty of those interested in the health of the community, and in the purity of government not less than in the elevation of the medical profession, to be on their guard and to see to it that while they assist all proper efforts to concentrate and improve the administration of health affairs in the United States, the fruit of their toil shall not be plucked by self-seeking politicians with a medical degree.

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LITERARY.

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THOUGHTS ON RELIGION. By George John Romanes. Edited by Charles Gore, M. A., Canon of Westminster. Chicago: The Open Court Publishing Company, 1895. Pages, 184. Price, \$1.25.

Professor George John Romanes left some unfinished notes on religion which were handed, at his request, to Mr. Charles Gore, the Canon of Westminster, a friend of the late scientist and a representative ecclesiastical dogmatism. Mr. Gore decided to publish these notes together with his own editorial comments, and two unpublished essays on "The Influence of Science Upon Religion," written by Romanes in 1889, and they lie now before us bearing the title "Thoughts on Religion."

The book will create a sensation, for it shows that the late scientist was possessed of an eagerness to believe, but was still unable to overcome the objections made by science. He showed, nevertheless, an increasing tendency toward belief, and we are informed by the editor, Mr. Gore, that Professor Romanes "returned to that full, deliberate communion with the Church of Jesus Christ, which he had for so many years been conscientiously compelled to forego."

Whatever opinion we may have, the book is an obvious evidence of the importance of the religious problem. An article on the late Professor Romanes's thoughts on religion, setting forth the lesson which they teach, will appear in the April number of *THE MONIST*, from the pen of its editor, Dr. Paul Carus.

The first painting of Napoleon was made under peculiar circumstances. He was a mere youth, a second lieutenant, and utterly unknown to fame and wretchedly poor. The famous painter, Greuze, happened to be passing through Valence, where Napoleon was stationed, and Madame du Colombier, a lady of prominence into whose circle Napoleon had been admitted, ordered the painter to make his portrait, saying that, if no misfortune befell him, he would play a great rôle. The portrait passed from Madame du Colombier to her daughter, Madame de Bressieux, and at the death of the latter it was acquired by the uncle of the present owner, who is the Marquis de Las Cases. A reproduction of this now famous painting is the frontispiece to *McCLURE'S MAGAZINE* for November, and is, perhaps, the most remarkable of the fifteen early portraits of Napoleon in that magazine.

A traveling photographer made a daguerreotype of a comparatively obscure man in Illinois in 1851. The man was Abraham Lincoln, and the picture is the earliest likeness of him in existence, and is published for the first time in MCCLURE'S MAGAZINE for November.

LIPPINCOT'S MAGAZINE opens the November number with a complete story, as usual, and is entitled "Dora's Defiance," by Lady Lindsay. Other features of this popular monthly are of timely interest. One of the best is the "Ten Dollars a Day ; No Canvassing," from the brilliant pen of Philip G. Hubert, Jr.

That popular magazine, GAMELAND, comes to our table as bright and as interesting as usual. The December number has many interesting articles, calculated to interest those specially interested in sports of all kinds. The traveler can always find an interesting companion in this journal. Price, 10 cents a copy, and for sale on all news stands.

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### GENERAL NOTES.

In endorsing this wonderfully successful remedy, Herba Vita, to the drug trade throughout the country and commending it to every reader of the JOURNAL in the strongest terms, we act advisedly, having just completed a thorough and painstaking examination of its claims and its merits. As a result of such investigation we do not hesitate to say that it should have a place in every family medicine closet, and the druggist who would keep abreast of the times must anticipate a demand which if he does not meet will be filled by some more enterprising competitor.

Some remedies gain recognition and popularity from force of inherent worth and this, unquestionably, is one of such. Wherever it has been used it has gained golden opinions, and received enthusiastic praise from a class of people little given to vaunting the virtues of any proprietary medicine. In fact, stronger evidence of efficacy and worth could not be required than the volumes of spontaneous testimony gladly tendered by those of intelligence and highest standing.

For these reasons we recommend this remedy to every reader and advise the druggist who does not handle it to at once place it in stock. It is invaluable in every household and must be regarded as not only a specific, but as also a staple which the first class drug store must have

# Throat and Lungs.



Under the above head come such dangerous forms of illness as Bronchitis and Consumption. Coughs, Colds, Sore Throat and Weak Lungs are milder forms of the ailments of Throat and Lungs, but they come in the same category.

## Scott's      Emulsion

possesses soothing and curative properties not found in any other remedy for throat and lung complaints. It strengthens the system, supplies new lung tissue, soothes the throat, relieves inflammation and effects most remarkable cures. It has stood the test of twenty years and is more popular than ever because it cures.



Remember that Scott's Emulsion contains no harmful drugs. It is not a secret compound. The only genuine Scott's Emulsion bears our trade-mark on *salmon-colored wrapper*. Refuse substitutes.



Trade-mark.

*Send for pamphlet on Scott's Emulsion. FREE.*

SCOTT & BOWNE, N. Y.

All Druggists.

50 cents and \$1.

upon its shelves. It is a quick seller, always gives satisfaction, and every sale makes a friend or gains a customer.

Two travelers were riding together in a vestibule train on the Erie railroad not long since, and they were in earnest conversation regarding their travels, what they had seen and observed and the places they had visited and tarried awhile. One says to the other, "There is no place that I have found yet that so well suits me, and to which I am perfectly satisfied as far as satisfactory results are concerned in the treatment of rheumatic troubles, as the Warsaw Salt Baths, located at Warsaw, N. Y.," The conversation closed as the trainmen called out "Passengers all out, Jersey City." These baths alluded to cannot be excelled for their special treatment for nervous and rheumatic troubles.

Beautifully located in the Warsaw valley at an elevation of 1500 feet, and the scenery is unsurpassed. The buildings were erected only 5 years ago with all of the modern improvements.

These natural salt water baths, specific gravity 1.205, which for many years have been the most successful form of treatment in Europe for rheumatic and nervous troubles are, at this place, first introduced in this country.

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# HALL'S JOURNAL OF HEALTH

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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## THE GROWTH OF OPHTHALMOLOGY.

EDWARD JACKSON, M. D.

The growth of ophthalmology as a medical specialty is sometimes regarded with an incredulity and cynicism that would disappear before a better understanding of its causes. If one regards the phenomena as natural, and honestly looks for them, adequate causes are not difficult to discover.

In the first place medicine is developing into a group of specialties. It is to be hoped that these are not to fall asunder, but will preserve the most intimate connection with one another. Still the process of differentiation is going on. Even the so-called "general practitioner" is disposed to narrow his work, by letting alone the so-called "specialties;" and too often is quite content to remain in ignorance of important advances made in the latter. This process of differentiation throws the recent increase of ophthalmic practice into sharp prominence.

The invention and application of the ophthalmoscope was properly a cause of greatly increased and extended activity in ophthalmology. The new instrument revealed a whole new series of clinical facts to be dealt with, and facts of the highest order of importance. The mass of physicians having been slow to acquaint themselves with the use of the ophthalmoscope and to deal with these facts, the greater part of the gain to the profession through this invention shows itself as a gain for the specialty.

We say that these new clinical facts are of the highest importance, and this is true both because of their definiteness and certainty, and because of their wide relations in the domain of general pathology. The significance of an optic neuritis, or an albuminuric retinitis is at



the same time more definite, and wider than that of many of the most characteristic symptoms exhibited by other organs, because these symptoms are objective, and because of the wide relations of the parts involved. With the ophthalmoscope one views a living terminal circulation, going on in a portion of the living nervous system and views it, moreover, under a magnifying power of some fifteen diameters, which renders visible the more minute changes in the smaller arteries and veins, and the deposit and changes of minute masses of exudate. Through this means we come into closer view of physiologic and pathologic processes during their actual progress in the living body, than is afforded by any other.

By the most important reason for the growth of ophthalmic practice is unquestionably the increase in those disorders that it has to deal with.

As a malarial region requires physicians with quinine ; as an army in active service needs surgeons with bullet probes, anesthetics, operating instruments and bandages, so a time characterized by the unparalleled over-use and abuse of the eyes demands doctors with trial-glasses and ophthalmometers, and every method and resource for the study and correction of ocular defects. The time we live in, is a time characterized by the over-use and abuse of the eyes. One who has not especially reflected on the subject can have little conception of the extent to which this is the case.

Let it be remembered that the process of the evolution by which the human eye has been shaped is an enormously slow one, and that it adapted the eye for the requirements of savage life—perfect distant vision to be sustained continuously for a large part of the time, with commonly less important brief periods of near-seeing.

In a single generation the circulation of daily and other newspapers has increased one thousand per cent., and cheap literature, as popular fiction, and the enormous cheap editions of standard books has come into existence. Labor-saving machinery, so-called, has, by saving or replacing the labor of the hands, enormously increased the output of goods of all sorts, and, in many departments of industry, has correspondingly increased the work of the eyes. If one takes a list of the occupations followed in a great city, he will be surprised to find how many there are requiring accurate and continuous near vision, that have only within a single generation become fixed occupations for any important number of workers. Furthermore, these excessive and ab-

normal requirements having once weakened the eye, it becomes an organ of selection for the manifestation of the effects of all sorts of general or diathetic weakness. Especially from its extensive and intimate relations with various parts of the nervous system, is the eye apt to become a centre for morbid nerve actions. Of the twelve pairs of cerebral nerves, six are distinguished partly or wholly to the eye and its appendages ; while visual sensations and the movements of the eye are closely co-ordinated with every centre of special sense or movement of the body. Through its flood of sensations, continuous through waking hours, and only obtained and rendered distinct by the equally continuous use and adjustment of a delicate and highly complex motor-apparatus, this organ, of marvelous but finite capacity, offers the readiest channel for the exhaustion of the general nervous system, or for interference with the balance of its operations. It is natural that the mass of the profession very imperfectly instructed as to the diseases of the eye, and regarding them as outside the ordinary scope of the physicians' work, should come to greatly underrate their importance, and fail to perceive and appreciate its rapid increase.

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## MISCELLANEOUS.

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### THE SCIENCE OF RUBBING.

No method of treating the various aches and pains to which the flesh is heir is more agreeable to the sufferer, or oftener effective, than a course of intelligent rubbing or massage.

We may believe that the benefits derived are due to the personal electricity which is imparted from the body of the one who performs the rubbing, or we may say that a counter-irritation of the superficial parts is set up by the friction. There are those who assert that it is the activity into which the parts in question are urged by the process that is of benefit. The last explanation is probably the most nearly correct.

But however we may explain the fact, it is certain that even unskilled manipulation may be productive of relief and comfort to a wonderful degree ; while if the manipulator is acquainted with the anatomy of the human body, his touch may seem at times almost magical in dispersing pain.

By tracing out an inflamed nerve it is possible for masseurs—as professional rubbers are called—to reduce the most troublesome neuralgias, even to the extent of relieving the ever-dreaded and long-lingering sciatica. Muscles which refuse to contract, and joints which for a long time have been stiff, may be brought into renewed activity.

Of course it is not possible for every one to show the skill of a trained masseur; but any of us can do much in a humble way towards relieving the sufferings of those who are dear to us.

We should always be careful to assist the flow of blood in its course through the painful parts, as this fluid bears with it both food and strength. Whether a muscle, which is very often the seat of the pain, is tired and sore from over-use, or cramped and stiff from non-use, the soothing action of a fresh supply of blood is equally acceptable.

Nerves require more delicate handling, as they are often exquisitely sensitive to the slightest touch; but patient persistence and care are certain to be productive of greater or less relief.

It is not necessary in every instance to exercise so much delicacy, however, as there are many conditions which are more rapidly benefited by the vigorous use of a crash towel, till the superficial parts over the seat of the trouble are aglow.

Circular motions, pinching and slapping all enter into the methods of a successful masseur.

Finally, the success of the treatment of pain by rubbing is to be found, not so much in the brute force exhibited in the manipulations, as in the gentle, educated touch which is able to recognize at once the requirements of the individual case.

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### ERUPTIVE FEVERS.

Eruptive fevers—by which term are meant true and German measles, small-pox, chicken-pox and scarlet fever,—as they occur in children, are less dangerous than is commonly supposed.

All of them are self-limiting; that is they run their own course, and none of them are amenable to any special form of treatment.

Nor should the possibility of their attacking the child at a tender age, occasion any special anxiety. There are many cases on record in which such diseases have attacked infants within a few hours after birth; and where the general health of the little patient has been favorable to such an issue, the recovery has been rapid and complete

In fact, it may be stated as a general rule that if the sufferer from an eruptive fever has a good constitution, he will have nothing to fear from an attack of any of the diseases named above.

They are all to be regarded simply as eruptive forms of fever. In each there is rise of temperature, great thirst, and a full, rapid pulse, together with the characteristic eruption peculiar to the disease.

In view of these facts, the treatment of an ordinary case of eruptive fever becomes identical with that of fevers in general; that is, it is directed toward a reduction of the high temperature and a relief of the accompanying symptoms.

It is not necessary to be concerned about the eruption itself, except perhaps in the case of measles, when we should keep the skin protected from irritation. To prevent itching, and also to keep the skin cool, we may bathe the patient very gently in a weak solution of carbolic acid.

It is best to seek the advice of a good physician in every case of eruptive fever, as in many instances the system is in a more weakened condition than is supposed, and the fever is liable to run in a longer and more complex course.

As every form of fever is attended with loss of strength to a greater or less degree, a course of tonic treatment should be given after the patient has so far recovered as to be up and about.

The attack will be short, however, and the recovery speedy, if the sufferer is blessed with a constitution which presents no weak points for the advantage of the adversary.

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### BILIOUSNESS.

Some weeks ago I was consulted by a gentleman, past fifty, who had long suffered from indigestion. He had consulted various physicians, and besides, had followed the advices of friends. His first attendant had failed to afford him any relief; a second had prescribed ergot for "dizziness," and with apparent benefit for a time. On his own responsibility he had deluged his stomach with the different digestive ferments, in combination and singly; and at the time I saw him, he was taking pancreatin about three hours after meals, and said he had derived more benefit from it than from any other medication; but he often had restless nights, with some nausea and lack of appetite in the morning. The tongue was dry, and covered with a thick brown fur; the

skin sallow, conjunctiva discolored and injected ; no pain was noticeable in the hepatic region, but there was a sense of fulness about the waist, and quite frequently a dull pain manifested itself in the region of the umbilicus, and the bowels were constipated. The patient is plethoric, a good liver, but not gouty, lithemic, or rheumatic, and presents a typical picture of biliousness as we now understand it.

As a preliminary to treatment, it was found that no instructions in regard to diet were necessary, as the patient had learned from experience that carbo-hydrates were productive of discomfort, and his habits were unexceptionable. There was wanting only exercise to enable him to regain a healthy condition of the digestive apparatus, more especially the hepatic function. Treatment consisted in the administration of mercury biniiodide, one one-hundredth grain, dissolved in about two ounces of water, just before meals. When seen a week later, he said he had fully recovered, but that after a few days the action of the medicine had been unfavorable, since it had given him severe abdominal pain, quite different from that which had usually troubled him, and the bowels had been decidedly relaxed. Fearing that bad results would follow this action, he had taken some laxative mineral (sulphur) water and discontinued the medicine, and all symptoms of indigestion had disappeared.

A word in explanation may be added to the effect that the biniiodide in this case had an excellent opportunity of producing its two-fold action, viz : that of an antiseptic and a hepatic stimulant, and as a result the discharge of bile into the intestine—perhaps somewhat irregularly—had caused a moving or fluctuating pain with increased action of the bowels, but the final effect had been beneficial. The secret in the successful treatment of this class of cases lies in striking directly at the cause, by stimulating the function of the hepatic cell by the exhibition of small doses ; and the foregoing case will serve to illustrate the practical working basis of cellular therapy.

---

### COMMON SALT IN DIPHTHERIA.

Solutions of common salt were used long ago for cleaning the nose and the throat, but they are not strong enough to be of prophylactic value. It occurred to me, therefore, to use salt in diphtheria in the same way as it is used in the preparation of corned meat and sauer-

kraut. And thus, since July 1888, I have treated each case of diphtheria in the following manner:—

At the very first visit, I spread a thick layer of fine salt over the tongue as far as between the tonsils, by means of the moistened back of a roundish (not sharp) little spoon handle; then I turn the spoon to the right or to the left, so as to have the edges now standing upward and downward, and thus I press the salt on the diphtheric spot and its surroundings. No force of any kind is used in this, and it is easy to maintain the spoon and the salt *in situ* for a whole minute. On retiring the spoon, the salt remains attached to the tonsil. After covering the spoon handle with a new layer of salt, the same operation is repeated on the other side.

Only after some particles of salt have dropped near the epiglottis, tussicular irritation is produced, and in rare cases (in sensitive patients) choking and occasionally vomiting. In most cases children support this application of salt very well. Grown up and bigger children have stated that only after liquefaction of the salt some irritation and tussicular fits are noticeable.

In the subsequent hawking and coughing I have frequently seen membranes which had dropped, being induced thereby immediately to make a new application of salt on the now raw, ulcerous surface.

The salt now penetrates rapidly into the diphtheric membrane, into the ulceration basis, and, through the intact membrane, into the depth of the infiltrated and still healthy surroundings. Wherever it now reaches, it is bound to develop its antiseptic effects. I may positively assert that the diphtheric germs undergo this effect. Mostly very soon after the first application, fever and pain diminish materially, and accordingly, at the next visit (after six hours) tumefaction is found to be less and especially paler than before, while subjective condition is materially improved. Although the membrane may not be removed yet, it has not enlarged and it remains localized; for the application of salt twice every day "corns" the surroundings of the diseased part in such a way that fungi and cocci are unable to gain a foothold, and, on the other hand, the morbid germs, established already in the tissues and in the lymphatic and sanguiferous ducts are rendered innocuous by the salt.

It is self-evident that in highly developed cases where the laryngeal cavity is clothed in toto with the diphtheric covering, this treatment will not perform miracles any more than any other therapeutic method.

I will not procure statistics. I wish only to say that I am highly satisfied with this system of "Corning Diphtheria," and I would like to recommend to my colleagues.

Until now, I have not found it necessary to make the application oftener than twice per day.

The method is simple, absolutely harmless and without any danger, and rational.

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### THE IMPORTANCE OF VENTILATION.

It is not often suspected how important it is to prevent the accumulation of carbonic acid gas in a room, especially when a patient is suffering from fever. Every healthy person requires 1,680 cubic feet of fresh air in the hour, but it is not possible to provide that in a room or house where a number of persons reside, and it is only in the open air where it could be enjoyed. Hence it is important that there should be little furniture in a sick room, for each article destroys so much pure air. People have, therefore, to consider first how they could obtain pure air and from a pure source, and, secondly, without a perceptible draft. When any one goes into a room from the fresh air, and is sensible of the slightest smell there, the room is badly ventilated, and, though no one is aware of it, there is organic matter present. Rooms should be aired in the absence of the family, so that the wind may freely pass through them. When the wind blows at the rate of a mile per hour it is not perceptible, from 10 to 20 miles per hour it is breezy from 30 to 40 miles it is a gale, from 50 to 60 miles it is a storm, and from 80 to 110 miles it is a hurricane.

In Egypt the houses are ventilated from a hole in the roof, and not infrequently the only entrance to the house is through a hole in the side of the wall. Every room should have windows near the roof, and opening from the top, and if a person sleeps in the room where he lives, let the window be opened from the top for a short time before going to bed, to allow the carbonic acid gas to escape. If the obnoxious gas is not permitted to escape, it gets cold after the lamp and fire go out, and the cold carbonic acid gas comes down on its victims like a death blanket. Poor people should know what was important for them, and it is that they should never sleep on the floor, for if they do so the carbonic acid gas presses down to the floor, and thus it is that the workingman get up in the morning exhausted and wearied, and, in fact, feels as if he has never been in bed. The bed room chimney

should never be stopped up with bags or shavings, as it prevents the admission of fresh air, and keeps the carbonic acid gas in the room, doing much harm to those who sleep there. Architects now-a-days are trying to make houses air tight, but they seem to be unable to make them watertight, and they have succeeded to taking away the old fashioned large fireplace, and replaced it for a registered stove, giving double plate-glass windows to keep out every breath of fresh air, while their forefathers did their utmost to let into rooms as much fresh air as possible. The fireplace is the warm artificial ventilator, and it consumes the carbonic acid gas emitted by four persons in a room; but means should be taken always to admit fresh air by the windows.

### HEADACHES.

When a woman is troubled with headaches the cause should be discovered, if possible, the overwork stopped, the mental anxiety or distress removed, the errors in diet corrected, or the late hours exchanged for early ones. Then a simple laxative may be needed to prepare the system to benefit by a tonic; cod-liver oil, iron, gentian, quassia, or whatever the doctor recommends as best suited to the particular case. The diet should be abundant and nourishing, avoiding rich made dishes, pastry or anything liable to disorder the digestion. Exercise in the open air, stopped before there is any feeling of fatigue, is important. When the first unpleasant symptoms are felt lie down with the head low, and take a teaspoonful of aromatic spirits of ammonia in a little water. If there is chilliness put a hot water bag to the feet and cover warmly with a blanket. If there is nervousness and depression take half a teaspoonful of tincture of valerianate of ammonia, instead of the aromatic spirits of ammonia, and repeat the dose in 15 minutes. Have the room darkened and endeavor to sleep.

Should these remedies not avert the attack, and the pain and nausea begin to manifest themselves, take a tablespoonful of strong tea or coffee, without milk if possible, very hot, or very cold, and repeat every 15 minutes for four doses. If the nausea continues the sufferer usually imagines that it will be relieved by the act of vomiting, and is anxious to have an emetic. This may be the case if the headache has come on immediately after eating, when the stomach contains a mass of undigested food, otherwise it is better to try to soothe the gastric disturbance and check the desire to vomit. Effervescent citrate of magnesia, iced vichy or soda-water will often pro-



duce this result. When the pain is severe a piece of linen may be dipped in alcohol and water and a single fold bound on the forehead, wetting it as soon as it becomes dry. Sometimes a flannel wrung out of boiling water applied as hot as it can be borne, will give relief.

---

### THE NURSERY WALL.

A nursery should be a play room in every sense of the word, and at the same time a home kindergarten. There should be every opportunity for the child to learn from object lessons, and one of the pleasantest methods is to cover the walls of the room, or at least make a dado of burlap or canvas.

This should reach far above the head of the child, who should be provided with colored chalks and allowed to draw pictures at its own sweet will. The nurse can afford amusement for hours at a time in this way, by copying pictures from the toy books, and when the canvas is entirely covered it may be cleaned off with a damp cloth or sponge and a new set of pictures begun.

---

### PERSONAL HYGIENE.

We have received a copy of a very interesting publication, entitled "Personal Hygiene," by Mrs. Ada S. Ballin, which has recently been issued, and which forms a valuable contribution to the literature already existing on this and cognate subjects. The authoress, in her introduction, says that she has been asked to accomplish a rather difficult task—namely, to write a treatise on personal health which shall be comprehensive and sufficiently technical to render it a useful handbook for students and medical men, while not too technical to be of service to the general public. In the fulfillment of her task, Mrs. Ballin has been eminently successful, and has done much to promote the study of that science which is most calculated to improve the condition of the human race.

The work itself is divided into fifteen chapters, which are devoted to considerations of the home, the air we breathe, drainage and water supply, digestion, food and diet, food adapted to different ages, clothing, the bath, sea bathing, exercise and recreation, real and infectious diseases and how to prevent them. The essentials conducive to health which it is necessary to consider in a work of the description now

under review—such as pure air, sunlight, freedom from damp and climatic extremes, pure water, good food, cleanliness, proper clothing, exercise and rest—are all carefully dealt with, and attention is paid to such points of physiology as may lead to the better understanding of each subject.

The authoress says that work, and hard work too, is the ruling spirit of the *fin de siècle*. We live at a breakneck speed, and from the day laborer breaking stones on the high road to the Royal Prince hurrying from function to function, with hardly a moment to call his own, we all hurry along alike in the race for bread, for wealth, or for social advancement. We do not live in a philosophic age which gives time to reflect as we wend our way, but we are all rushing on after what to most proves, but the will-o-the-wisp, for when wealth or distinction is attained it is but too often paid for dearly by early death or such ill-health as to render its enjoyment impossible.

From the point of hygiene, therefore, it becomes a matter of paramount importance to discover how best to regulate our lives so as to obtain the maximum of work with the minimum injury to health.

---

### BREATHING THROUGH THE NOSE.

It is all important, in order to preserve the system from shock and the danger of contamination by foreign substances, that before the air enters the lungs it should be made as nearly as possible of the same temperature as the blood; and should be deprived of all particles of dust, which might be a hindrance to the bodily functions.

The entire course of the tortuous nasal canals is lined with mucous membrane, and this membrane is of a highly vascular structure. That is to say, the whole tissue is flushed with blood by a perfect network of vessels, over which the air we breathe passes, and from which it borrows the requisite heat. The mucus which is secreted by the membranes is also advantageous in rendering the atmosphere suitably moist.

In the light of these considerations, the difference between air breathed in through the nose and that taken in by the mouth becomes at once apparent. In the first case it is gently drawn in through the winding canals, and is tempered and purified on the way; while the air which reaches the lungs by way of the mouth comes upon them all at once and is identical in nature with the surrounding atmosphere,

whether that be warm or cold, dry or moist, full of dust, or free from it.

Of not less importance than the benefits accruing to the whole system from properly breathing through the nose, are those which result in the nasal membranes themselves. In the process of imparting heat and moisture to the air as it passes over them, the tissues are prevented from accumulating an over supply of mucus, and any excess of blood pressure in the parts is relieved by the contact of the cool air which is constantly breathed in. One investigator has even gone so far as to assert that many forms of colds may be greatly benefited by a correct breathing exercise taken every few hours.

However that may be, it is certain that the disadvantages of mouth breathing are too numerous and glaring to be lightly passed over.

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## HOUSE AND HOME.

CONDUCTED BY LILLIAN WHITE.

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### THE DRESS.

**A PRETTY BODICE.**—A very pretty bodice of black, gray and crimson checked cheviot cloth has a slightly full front of red miroir velvet, ending in a point below the waist. The bodice is fastened with overlapped tabs and embossed buttons. The square collar has lapels of mink fur. The sleeves are slashed, and have tabs over velvet cuffs.

**A NEW WASH FABRIC.**—A new washable fabric for the next season is already exhibited in the shops. It is called Teviot suiting, and is of pliable cotton, not harsh like Galatea, and much finer. It is commended for golf, cycling and tennis suits for summer wear, and also for shirt waists to wear with various skirts. Its soft finish and light weight, as well as its strong colors, insure its popularity. It comes in stripes, checks and dots, in clean shades of blue, both light and dark brown, with white, clear lavender, buff, gray and pale green.

**TO KEEP WOMEN'S COATS IN SHAPE.**—One of the chief objections to the tailor made coats of women, made with tight fitting backs and loose fronts, is that they have a most provoking way of falling away with almost every movement, and consequently it deprives the coat of the trim appearance it might otherwise have. An ingenious device has been made with a view to obviating this state of things. It consists of a spring steel band, which is attached to the inside of the

coat from the side seams, so that it goes ~~round~~ the back of the waist, and, while keeping the coat in place, is not seen in front.

### THE HOUSE.

**DURABLE FLOOR STAIN.**—Take one-third turpentine and two-thirds boiled linseed oil, with a little Japanese dryer added. Buy a can of burnt sienna and blend it thoroughly with this mixture. This gives a rich reddish brown. Mix the paint quite thin, so that it will run readily. Lay it on with a good sized brush, stroking the brush the way of the grain of the wood. Put on several coats, allowing each one to become perfectly dry. Lastly, give the floor a good coat of varnish, and when thoroughly dry it will be found as satisfactory as a stained floor can be, and easily kept clean. The varnish gives it the appearance of polished wood. It can be kept in good condition by simply dusting and wiping off with an oily cloth.

### THE KITCHEN.

**DOUGHNUTS.**—Beat one egg, add one cup of fine granulated sugar, beat very light and white. Add one cupful of new milk, without stirring. Sift in one pint of flour, into which have been added three teaspoonfuls of baking powder, one teaspoonful of salt, and a half a nutmeg, grated. Beat thoroughly, add enough more flour to make a firm but soft dough. Roll out one-half inch thick, cut into rings or strips, and twist into shape. Fry in half lard and half suet dripping, enough fat for the dough to rise to the top instantly. When done, drain carefully and dust with powdered sugar.

**BROILED SALT COD.**—Soak nice white strips of the fish for several hours in cold water; dry them with a cloth, and lay them over clear hot coals on a broiler that has been rubbed with suet. Brown the fish nicely on both sides, remove to a hot platter, and lay upon each piece a little fresh butter. A fringe of fried potatoes is a good accompaniment. Codfish is good boiled, but it should be well soaked out and be allowed to simmer for two hours. It may be served with drawn butter; hard boiled eggs sliced on it are a nice addition.

**RODERIGO PUDDING.**—Stir one-fourth pound of sago in half a pint of water, until the latter is all absorbed, add quarter of a pound of sugar and quarter of a pound of fresh fruit (if stone fruit be used, it should be stoned and skinned first). Boil for three-quarters of an hour in a lined

saucepan, stirring frequently and pour into an iron mould. When cold turn out and serve with milk or custard.

**CRECY SOUP.**—Take three good sized carrots, scrape and cut into small dice. Cook in boiling salted water until tender. Press through a strainer, put in a double boiler three cupfuls of milk, one tablespoonful of chopped onion, half a saltspoonful of celery salt, one of salt, half a saltspoonful of white pepper, boil five minutes, then pour over the grated carrot. Put all through a fine purée sieve and return to the double boiler. Blend smoothly one tablespoonful of flour with a little cold water, add to the soup and stir until it thickens. Serve with croutons.

**SWEET OMELET.**—Three eggs, half an ounce of butter, one table-spoonful of castor sugar, one table-spoonful of orange flower water or sherry, a pinch of salt. Put the orange flower water, or sherry and sugar on the fire, let them boil three minutes, then put into a basin to cool. When cool add the yolks of the eggs and beat to a cream. Put a pinch of salt to the whites, and whip them to a stiff froth, then stir them in lightly to the yolks. Melt the butter in an omelet pan and pour in the mixture; put this on the fire for two minutes, and then into a very hot oven for three or four minutes. Make a dessertspoonful of jam quite hot, place the omelet on a hot dish, spread on the jam lightly and quickly, fold over, sprinkle a little castor sugar on it, and serve.

**CROQUETTES OF CHESTNUTS.**—Select four pounds of fine chestnuts, slit on one side, and roast in a large perforated pan; cover and toss till done. Skin them, removing both skins; pick out about twenty of the finest, and pound into a fine paste those remaining, and add while pounding two ounces of vanilla, sugar and a little raw cream. Pass this preparation through a sieve, and put into a saucepan, beating into it six egg yolks; then dry over the fire, while stirring. Pour this on a baking sheet and leave till cold; then divide it into parts and make into  $1\frac{1}{4}$  inches diameter balls; in the centre insert one of the roasted chestnuts, split in two; mould the croquettes to the shape of the chestnut, dip them in beaten eggs, roll in white bread crumbs, and fry in very hot frying-fat. When done, drain and sponge, sprinkle with vanilla sugar and dress on a napkin.

**CHICKEN LIVER FRICASSÉE.**—Put a piece of butter in a stewpan, and set it on a good fire; when melted, sprinkle gradually in a little

flour, stir the whole with a wooden spoon ; when of a proper thickness and brownish color add half a gill of warm broth, same of warm water a sprig of parsley, a small pinch of grated nutmeg, two small onions, salt and pepper, then the livers. About half an hour after add two mushrooms cut in pieces. Dish the livers, strain the sauce, put in one well-beaten yolk of an egg and a few drops of lemon juice. Pour it on the livers and serve.

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## EDITOR'S OUTLOOK.

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### PHYSICAL SUPERVISION OF SCHOOL CHILDREN.

The medical profession, to do its duty toward the community, must needs be aggressive, for there are many things not generally expected of the doctor that ought to be expected of him and recognized as a most important part of his daily work.

The most valuable service the profession now renders the community is probably in matters that strictly belong to hygiene rather than medicine. The hygienic treatment of many diseases is the essential portion of the treatment ; the strictly medical is often of doubtful and slight value.

The term hygiene is just at the present time almost monopolized by a certain department of it that has to do with public offices. Hygiene and "public health" are often used synonymously, but there remains as entirely distinct from questions of public sanitation the subject of individual hygiene, which is probably the more important.

As regards childhood, the practitioner already has opportunity incidentally to apply the factors of individual hygiene so that they may be of great benefit in the families of his patients. But the profession needs to insist upon larger opportunities in this direction ; on the importance of more frequently consulting the doctor, not only with reference to disease that appears to have run beyond the scope of home treatment, but also as the influence of many things in the development of the child which may ultimately be far more significant, as to his physical condition and length of life, than the measles or whooping cough.

The profession should urge that the general development of the child should be under the regular and intelligent supervision of the

family physician as constantly as the condition of such special organs as the teeth or eyes are the care of specialists. The complaint is sometimes made that the general practitioner or family physician finds his sphere of work continually narrowed by the splitting up of medicine into specialties, here is a direction in which it may be almost indefinitely extended with advantage to both practitioner and the public. But, to secure such an extension it will need to be made a definite aim and strong purpose of the profession, and urged upon the public upon all suitable occasions.

What work has thus far been formally done in the supervision of school children has been confined to the children entering a comparatively few schools that have their recognized director of health as a member of their regular staff. Such directors have certainly a field where they can accomplish great good, but the doctor who, for a certain period supervises large numbers of children, cannot entirely replace the one who follows the child from year to year throughout its development. The two should work together in harmony, for they are both needed.

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We ask of our exchanges the courtesy of inserting for us the list of contents of our December number, our terms, and our address, if they think the JOURNAL merits, in the main, a liberal subscription list. Brother editors! Attention! If you want to "hub us," if you want to help us along, don't fool away your time and waste your brains in saying complimentary things, for it don't pay either of us; simply give our list of contents and we will do as much as we always have, in return.

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### LITERARY.

The ATLANTIC MONTHLY for December contains a memorial article on Dr. Holmes, by the editor, in which mention is very properly made of Dr. Holme's constancy to that magazine, a characteristic shown still more strikingly in his passion of local patriotism. Mr. William Sharp gives certain letters of Walter Pater, together with some interesting personal reminiscences. "An Old-Time Sorosis," is an exceedingly entertaining account of a ladies' literary society in Norwich, Conn., early in this century, the story of which is now for the first time told and told with a full appreciation, both of its value as a bit of social history and the unconscious humor to be found in its minutes.

Mr. "Franklin Eastman," whose pungent "Letter to a Western Friend" attracted a good deal of attention, contributes an equally plain-spoken epistle to an English friend. Miss Agnes Repplier considers "Ghosts" in her most delightful manner, and rightly deprecates the attempts now made to lure them from the seclusion in which they habitually dwell. "The Study of Reginald Pole" is concluded, his life as Archbishop of Canterbury being also a history of the attempted restoration of the Church of Rome in the England of Queen Mary. A Christmas flavor is given to the number by Sir Edward Strachey's "Christmas at an English Country House," a charming contemporary sketch; and the graceful tale, "The Christmas Angel." It is to be hoped that Mr. C. Howard Walker's "Suggestions on the Architecture of School Houses" may be heeded. It is an earnest plea for greater beauty in such structures in America. The most noteworthy piece of fiction in the number is the conclusion of Mrs. Foote's very striking novelette, "The Trumpeter," the second part dealing with a fragment of Coxey's army in their far western march. Mrs. Foote's fineness of touch and delicate insight have seldom been shown to better advantage. —Houghton, Mifflin & Co., Boston.

A wide variety of topics is treated from the scientific point of view in *POPULAR SCIENCE MONTHLY* for December. The number opens with an article on "Athletics for City Girls," by Dr. Mary Taylor Bissell, who approves tennis and cycling, but especially recommends a well directed gymnasium. President Jordan, of Stanford University, sets forth "The Need of Educated Men," in a way to encourage and stimulate all who are fearful about the future of government and society. The probable appearance of the celebrated "missing link," and his family is shown in an engraving of the painting by Gabriel Max, which was presented to Professor Haeckel on his sixtieth birthday. Professor E. P. Evans discusses the picture under the title "Pithecoïd Man." Professor James Sully continues his "Studies of Childhood," with a chapter on "The Child's Thoughts about Nature." A subject which few persons have thought about—"The Economic Theory of Woman's Dress"—receives a searching examination by Dr. Thorstein Veblen. An instructive insight into Japanese thought and character is afforded in "Shinto, the Old Religion of Japan," contributed by N. Kishimoto. An illustrated paper on "Responsibility in Crime from the Medical Standpoint," is furnished by Dr. Sanger Brown, of Rush Medical College. Dr. Friedrich Paulsen discusses "The University as



a Scientific Workshop." The amateur in geology will welcome Professor W. M. Davis's account of "The Ancient Outlet of Lake Michigan," also "The Geology of Natural Scenery," by F. J. H. Merrill, and the British Association popular lecture on "Geologies and Deluges," by Professor W. T. Sollas, F. R. S. "The Chemistry of Sleep," is treated by Henry Wurtz, Ph.D., and there are a biographical sketch and portrait of Professor Zadoc Thompson, the Green Mountain naturalist.—New York: D. Appleton & Company. Fifty cents a number, \$5 a year.

THE BOOK OF THE FAIR, which cost the Bancroft Company such a heavy outlay, is an assured success, subscriptions having already exceeded 100,000, and still keep coming in as fast as ever. What has given this work such great popularity has been not only the plan but the execution. Nothing could have better fitted popular requirements than a work which covered the whole ground, historical and descriptive, and executed in the highest style of art.

### GENERAL NOTES.

Do not make the mistake of expecting that you can get the same results from the use of other devices or systems of Lung Gymnastics as from the use of the Improved Breathing Tube, manufactured by the Hygienic Supply Co., Boston. They say themselves it is impossible. There is no doubt that long and deep inhalations, without the tube, will do much good, but you cannot get the same resistance in exhalation, which is so important in developing throat and lungs, especially in their lower portion, or get so correct a rhythm and evenness of movement as by the use of the tube, found advertised elsewhere in the JOURNAL. The price is \$1.25, sent post-paid.

The therapeutical value of "Ambrosia Orientalis," prepared by the Thompson Laboratory, Washington, D. C., cannot be over estimated as a powerful stimulant of the reproductive organs in both sexes. It is not an irritant to the organs of generation, but a recuperator and supporter and has been known to the natives of India, Burmah and Ceylon, for ages, and has been a harem secret in all the countries where Islam has planted the standard of polygamy.

There are few of our readers, perhaps, who are aware that nearly in the heart of this Empire State, there is a spot that is simply delight-

# The Uses of Cod-liver Oil

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# HALL'S JOURNAL of HEALTH

ESTABLISHED 1854

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# HALL'S JOURNAL OF HEALTH

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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## HERPES ZOSTER IN CHILDREN.

J. MADISON TAYLOR, M. D.

Herpes zoster is a most painful and fairly common disorder among children, and it may be of interest to briefly describe this as seen in our dispensary service here and at the Children's Hospital, and make a few observations on the means used for its relief.

There ought to be little difficulty in recognizing zona or shingles. Nearly any old woman will do so with confidence and enlarge most graphically upon the hideousness of the pain and darkly hint at the deadly perils which beset certain forms, as when it, creeping along the costal nerves from the sensory spinal ganglia, tends to encircle the body in a deathly clutch. To be sure, it is nearly always unilateral, and while generally appearing on the "torso" and extending from the mid-line of the back and, by way of the ribs, stretch outward toward the raphé of the belly; yet now and again these stinging little patches of vesicles appear here and there upon any portion of the body with apparent indifference, though recognizably along definite nerve lines.

Pain generally begins first, then red spots, which grow into vesicles, increasing rapidly in size and becoming flattened, and these may look like closely set drops of dew on a leaf, or be scattered about. The earliest lesions are near the nerve roots—the later ones farther away.

The time occupied in establishing the disorder may be from three to ten days, but no limit can well be fixed for it to cease, which should be by drying up. But too often the lesions become broken and ulcerate, causing intense agony and possible scars.

One attack usually suffices, and it is a pretty forgetful child who fails to hold that one in vivid remembrance. It does recur, however, and one of the cases here described is a second attack. In older folk

a residual neuralgia may remain and afflict for years, and of a most troublesome type. I knew one old lady who underwent at my hands systematic treatment for a long time, with less success, too, than I could wish. As to the primal causes, these are hard to learn. It seems to come as a special chastisement and for no known error. Learned authorities tell us that herpes zoster is most times a descending interstitial neuritis of the spinal ganglia, and Kasopi asserts it may be of cerebral, spinal, ganglionic or peripheral origin.

Certainly one can, as a rule, readily recognize the progress of, and too rarely check, the disorder, moving adown the course of well known nerve distributions—the costal, the facial, or, as in one of our cases, the external perineal. The spots become vesicles and grow in numbers and size day by day in a steady march and relentless vigor. How to check them we do not know. Relief is all we can count upon from present knowledge.

The first principle of treatment is to protect the surfaces from harm and the air; the second, to relieve the tingling burning pain, by applications. Internally, medicines are of small use, except when agony supervenes and opiates are demanded—not often in children, but in adults not seldom.

Briefly then, we consider the cases and the treatment. First, this child of sixteen months, always very delicate, hand reared, eruption showed on both sides above the wrist line, the vesicles so large, my assistant, Dr. Bryan, a man of large experience and good judgment, set down the case as probable varicella.

These spread, however, and grew rapidly and so painful that the true condition stood revealed. The whole back, in two or three days, was affected, with lines reaching out toward the mid-line in front.

One side seemed to be a little worse one day, but the other side out-stripped it the next.

Soon the entire trunk was covered completely from neck to buttocks, and the agony so extreme as to make it necessary to give a little opium for a day or two. Then I devised a jacket of lint, shaped like a man's waistcoat, enwrapping the entire body, and on this was thickly spread the antipruritic ointment of acid carbolie, gr. v; menthol, gr. v; ung. zinc oxid  $\frac{3}{4}$  ss.; ung. hydrarg, ammoniat, dil.  $\frac{3}{4}$  ss. Made stiff by added dry zinc oxide, and spread so thickly that the air could scarce get through. When this was applied, at once the child slept, and was comfortable for several hours. Next case, a delicate boy of seven,

with Pott's disease of the spine, wearing a plaster jacket. He suddenly began to suffer pain, and we thought his kyphosis had become irritated by pressure, so I cut the support in front, and lifting it off, observed a wide patch of zona about the left short ribs. The ointment, as above, was used on the spot, and the jacket replaced and laced up and comfort at once admitted. A girl of eleven, stout and strong, never ill, came with a burn on her chin to the left of the mid-line ; there was no history of exposure to fire, a mystery, and a patch of shingles was recognized and treated by menthol and collodion. Another, a boy of twelve, robust ; painful eruption over head of left fibula. Neither this nor the one above extended largely.

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### PREVENTION.

S. J. WRIGHT, M. D.

Misfortunes long wrapped in mystery for ages, are now often found to be the legitimate results of known causes which, through neglect and apathy, are allowed to operate at immense cost of life and happiness. The spontaneous origin of contagious disease is no longer a popular error. Whatever the degree of squalor which may exist, there is no smallpox without certain microscopic germs. However scrupulously neat one may be, he may contract diphtheria or tuberculosis from a cup of cold water, given in the name of a disciple.

Spring water may be pure, or it may be impure. River water is often purer than spring water, because lime is less likely to be found in river water. Shallow wells are the natural catch pies of surface water. Good and bad water may be collected from different levels of the same well. A well more than fifty feet deep, and which penetrates a water-tight stratum, being lined properly down to such stratum, is likely to gather good water.

Deep well water, spring water and upland surface water are usually palatable and wholesome. Stored rain water, surface water for cultivated land, river water containing sewage, and shallow well water are often very palatable but dangerous. Carbonic acid may render the water of a well or cistern sparkling and palatable while it is really deadly, being the result of decomposed sewage.

Good water is perfectly clear, free from odor or taste, cool, containing air, and moderately soft. The geology of any region has much



to do with the amount and the quality of water it contains. Loose sand and gravel waters may vary greatly in composition. Sulphate, silicate and carbonate of calcium, carbonate of magnesium, chloride of sodium and of potassium ; also sulphate of sodium and potassium, iron and organic matter are found in such waters.

Soft sandrock waters are likely impure. Traprock waters are usually pure. Limestone waters are usually of agreeable taste. They are hard, and boiling them does not remove all the sulphate of calcium. Water from graveyards contains nitrites and nitrates of calcium and ammonium, much organic matter and fatty acids often.

Artesian well water is often so full of sulphur, iron or salts as to be undrinkable. Rain water has washed the air and roofs, decaying leaves and manure. Impurities constantly find their way into wells and cisterns. A well drains the ground around it in the shape of an inverted cone. The radius of the area drained is four or more times the depth of the well. So that a well 40 feet deep receives impurities included in a circle whose diameter is 160 feet. Well cemented sewer-pipes extending from above ground down through loose strata of earth to an impervious layer of earth or rock forms a good protection against surface water in the immediate vicinity of the wells.

Organic matter is disposed of by exposure to air, by shaking, or stirring, or pouring, by charcoal, alum or permanganate of potassium. Carbonate of lime settles after being boiled.

Filtration through sand and gravel purifies water on a large scale most satisfactorily. Two feet of sand lying upon three feet of coarse gravel becomes gradually covered with "bacteria jelly" through which water percolates, leaving behind all germs, or nearly all. Harmless germs wage a warfare of extermination against all injurious bacteria with great success. But in time the resulting bacteria jelly becomes so thick that it and the sand with it must be shoveled into wagons and cleansed or replaced by clean sand, for the water is retarded by the "jelly."

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## MISCELLANEOUS.

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### CLOTHING AND HEALTH.

Wind carries off the layers of air in contact with the body, replaces them by colder air, and promotes evaporation, whereby the

temperature is lowered to an almost indefinite extent. Every one knows the sensation caused by wind blowing on damp clothes or on the wet skin, and the intense cold thus experienced. To obviate this effect the wind must be prevented from reaching the surface of the body, and for this purpose skins and furs are the most efficient coverings. These constitute extremely warm clothing, and cannot be dispensed with in many parts of the world. It is perhaps well to repeat that these articles possess no warmth in themselves. When worn they prevent the natural heat of the body from being rapidly dissipated and neutralized by the external cold air. Next to these come thick, coarse woollen fabrics, which entangle and retain large volumes of air. These are especially suitable whenever great fluctuations of temperature have to be encountered. Besides the properties already mentioned, there is another peculiarity connected with wool which enhances its value as an article of clothing, viz., its power of absorbing water, which penetrates into the fibres themselves and causes them to swell, and also occupies the spaces between them. This property is a very important one as regards health. The normal skin gives off nearly a pint of water, in the form of perspiration, during 24 hours, and this fluid disappears by evaporation. The passage of liquid into vapor causes heat to become latent, and the bodily temperature is thus lowered, as may be clearly observed some little time after exertion. If dry woollen clothing be put on immediately after exercise, the vapor from the surface of the body is condensed in and upon the wool, and the heat which had become latent in the process of evaporation is again given off. Flannel clothes, therefore, put on during perspiration always feel warm, whereas cotton and linen articles allow the perspiration to pass through them, so that the evaporation and cooling processes are unchecked. There is, therefore, an obvious reason for selecting flannel clothing for wearing after active exertion. An individual who is perspiring freely is far less likely to take cold when clad in flannel than when clad in linen or cotton. Woollen fabrics cause a sensation of warmth in virtue of another peculiarity which they possess. They often present a rough surface, which coming into contact with the skin, causes friction, and, therefore, more or less warmth.

The color of the materials has some influence on the warmth of clothing. Black and blue absorb heat freely from without, but white and light shades of yellow, etc., are far less absorbent. This differ-

ence can be demonstrated by experiment : the same material, when dyed with different colors, will absorb different amounts of heat. In hot countries white coverings are universally worn, and sailors and others wear white clothing in hot weather. With regard, however, to heat given off from the body, the color of the materials used as clothing makes little, if any difference. Red flannel is popularly supposed to be warm, though it is no better in this respect than similar materials of equal substance, but white or gray in color. Dark clothing is best for cold weather, because it more freely absorbs any heat that is obtainable. Waterproof clothing is very valuable under certain conditions. It protects against cold, rain and wind ; but it is an exceedingly hot dress, for it prevents evaporation and condenses and retains the perspiration. Save for very short periods, it should never be worn by persons taking active exercise. For those, however, who are not exercising their limbs to any great extent, but are exposed to wet and cold, waterproof materials are an excellent protection. Woolen should be worn underneath in order to absorb perspiration, and the waterproof should be taken off as soon as the necessity for it has passed away. Ventilating waterproofs are sometimes offered, but a real combination of this kind is an impossibility. If a garment let out air and perspiration, it will let in wind and wet. If thoroughly waterproof, it will not admit of any true ventilation.

The principal conclusions to be drawn from the foregoing paragraphs may be thus briefly stated : 1. As a protection against cold, woolen garments of equal thicknesses are much superior to either linen or cotton and should always be worn for underclothing. Furs and leather are serviceable against great cold, and especially against severe wind. Waterproof clothing should be reserved for very wet weather, and generally for persons who are not taking exercise when exposed to it. 2. The value of several layers of clothing as compared with a single warm garment should be borne in mind. An extra layer even of thin material next the skin is often very valuable. 3. As a protector against cold, a garment should not fit closely to the body, but should be comparatively loose and easy, so that a layer of air is interposed between it and the skin. A loosely woven material is warmer than one of an opposite character. 4. For wearing at night, woolen clothing is not generally desirable ; cotton or linen is far better. The blankets constitute the woolen covering and ought to protect the body sufficiently. 5. Lastly, it must always be remem-

bered that the source of heat is within the body itself, and not in the clothes. Proper food, coupled with a due amount of exercise, will produce heat ; the function of clothing is to retain the heat thus generated.

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### BENEFIT OF SUNLIGHT.

The renowned Florence Nightingale well says, with regard to hospital wards : " Window blinds can always moderate the light of a light ward, but the gloom of a dark ward is irremediable. The escape of heat from large windows may be diminished by double glass ; for while we can generate warmth, we cannot generate daylight or the purifying and curative effects of the sun's rays." These remarks are no less applicable to other rooms than to hospital wards. Sunlight is, indeed, the right arm of oxygen. There ought not to be a dark room in any human habitation. To have too much sunlight for health is not possible. Its extraordinary intensity under exceptional circumstances can always be moderated as occasion may require, but its plenary supply should always be provided for. Of artificial light generally, it may be said that in all its forms, except that of electricity, inasmuch as it is produced by the combustion of some compound of hydrogen and carbon, previously volatilized or brought into a gaseous condition, it is more or less injurious to the atmosphere, by consuming the oxygen and emitting mephitic gases.

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### HOW TO BE BEAUTIFUL.

A warm bath at night to remove the traces of toil, to relax the strained muscles, and to induce drowsiness, and a cold sponge in the morning, to harden the flesh, to awake, invigorate and arouse, are two of the most potent beautifiers a woman can use.

When the back of the neck aches and the lines of the mouth droop from weariness, apply water, as hot as it can be borne, to the face and throat for five minutes. Then rub the neck with toilet vinegar for a minute or two, and lie down in a darkened room for a quarter of an hour. At the end of that time one will be ready for anything.

To keep the eyes bright and clear all sorts of things are necessary. A good digestion and plenty of sleep rank first. When the eyes are tired, bathing them in very hot water is excellent. No sort

of drops or washes should ever go into them except by the order of an oculist.

No woman who confines her manicuring to a hasty use of a nail-brush and an occasional filing will ever have pretty nails. But she who takes a half hour once a week, and 10 minutes a day to the operation may have beautiful ones. First, the hands must be soaked in warm water, and when the skin about the nails is soft and pliable it should be pushed back and the little rough ends of cuticle smoothly cut off. The nails should be cleaned with soft orange-wood sticks, then they should be cut, shaped and filed smooth. A vigorous polishing simply with the chamois polisher and without any powders or unguents will leave them in a delightful condition.

If your eyebrows and lashes are not what you would like in the matter of heaviness, try rubbing them every night for three months with vaseline.

Men are balder than women because their headgear is of such a heavy, impenetrable sort. The more air and sunshine can reach the scalp, the more luxuriant the growth of hair. A weekly sun-bath and a daily bare-headed frolic in the back yard are fine things for the locks, and for the doctors in this weather.

Almond meal and almond oil are the best soap and the best softener respectively for the hands.

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### COMBATIVE EXERCISE.

It seems that there is a "proper place for fencing, sparring and wrestling" as a part of a scheme of physical education among college students, under restrictions.

No one should undertake these exercises without a most careful physical examination and approval from the physical director. But when these are secured and the careful trainer has the young man in hand these exercises are most valuable.

Self protection against roughs or insane people is a great advantage to be gained from this drill. To know how to protect yourself, or possibly the lady at your side from assault, is no mean part of an education for any body, and often a wrestler has a great advantage over the boxer.

And to know how to gain all righteous advantage over your ad-

versary, competitor, or even honest neighbor, is as legitimate as is trade, or professional during one's way through the world.

But the self-control taught by these arts is the great moral advantage to be gained from these sports. No man can lose his temper, or self-control when wrestling, fencing, or sparring. He is given over to his antagonist when he does this. Even if the adversary be unfair, or is a slugger, he must be serene all the same, and the more vigilant.

To sum up then, the training to spar, or wrestle, is only the best for those who are gotten up in the best physical style. Weaker men are better developed by the slower, methodical and moderate exercises, though the training for general improvement is good for anybody, but a wrestling or sparring "bout" may not be indulged in by every body or any body. But to train the eye to learn the intentions and power of a competitor, and to restrain anger or retaliation, nothing is better discipline than sparring or wrestling.

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#### SEWER GAS IN HOUSES.

One of the greatest drawbacks to the underground system of laying pipes to carry off the waste of a large population, is the backward rush of polluted air and gas, which, unless checked, enters houses in large quantities. Sewer gas of itself does not contain any substances which can be said directly to cause disease, though it might do harm indirectly by impairing the vitality or resisting power of the system, thus exposing it to disease. It is the organic substances which sewer gas bears along with it, and which have been shown to contain bacteria, that directly produce disease. Just as the soap bubble carries the essential ingredients of soap, so a bubble of sewer gas carries with it minute particles of organic material which may contain the actual germs of disease. These germs may be deposited on the walls or furniture, or be directly inhaled. Among the diseases, the spread of which has, with a reasonable degree of certainty, been attributed to the escape of sewer gas, are diphtheria, typhoid fever, and septicæmia, or wound infection fever. The presence of sewer gas in a house is sometimes suspected when the silver is found to tarnish quickly. This, of course, does not deserve the name of a test, but it may properly lead to an examination of the premises. A rough test for the escape of sewer gas may be made as follows: Pour half an ounce of peppermint oil into the sewer

pipe—that is, into the trap—and close the drain. If the smell of the oil can be detected coming from the basins, sinks, or closets in the other parts of the house, it may be fairly assumed that sewer gas escapes likewise. Traps of unused basins should be occasionally flushed with water, so that they may not become dry by evaporation. Traps are especially likely to be dry in houses which have for a time been untenanted. It is undoubtedly safer for a sleeping apartment to be furnished with wash-basin and pitcher than with the most approved and modern system of plumbing. A house is best furnished with as few connected basins as possible, and those well trapped.

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### LET CHILDREN SLEEP ALONE.

One thing upon which all medical authorities are agreed is that children should not habitually sleep with adults. That the custom is evidently harmful to the children is evident, even though our limited knowledge of the mysteries of life may not enable us to demonstrate in just what manner the electrical or nervous forces may be affected. Does this apply to the babes? Certainly, after the first few days, during which the child should be kept close to its mother's body for the sake of the warmth which is desirable. But within a few days the little body is capable of supplying its own warmth, and its place is then the little bed or crib, where it may be master of its own field. Above all things avoid the habit which many parents have of placing the child between them in the same bed; to say nothing of the danger of a heavy sleeper rolling upon the tiny form, the sanitary condition is about the most harmful imaginable.

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### SOME USES OF WATER.

A person will die sooner if deprived of water than if deprived of food. His sufferings also would, if possible, be more terrible. Dr. Franklin, in one of his voyages to the Old World, made the discovery that the fearful pangs of thirst on shipboard, or in a boat in case of shipwreck, may be greatly allayed by bathing in salt water. The reason of this is that the bath lessens the fever by moistening the skin, and thus preventing further loss of water through the pores. This would seem a very unsatisfactory way of quenching thirst, yet there have been instances no doubt when a knowledge of this might have

saved life. Modern physiologists have also discovered the fact that water introduced into the system by other means than drinking, produces the same effect in diminishing thirst. People require more water in summer than in winter, because there is more copious perspiration and larger quantities are thrown off in this way. It is undoubtedly true that most persons drink too much water in warm weather. The injury to the system from this excess is often very great, since nature is put to extraordinary efforts to take care of so much water. Beef is more than half water, while such vegetables as beets, carrots, cabbages and turnips contain from ninety to ninety-seven per cent. of water. Fruits, especially those of tropical climates, seem to be about all water. Lemons, oranges, or melons are used rather as an agreeable means of quenching the thirst than as food. It is a remarkable fact that in Africa, where pure cold water is exceedingly difficult to obtain, the native fruits are deliciously cool when first plucked from the trees.

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#### OATMEAL AS FOOD.

Oatmeal and milk form a most nutritious article of diet, and if children were brought up to such food, rather than on knick-knacks candies, pastry, etc., we should have a nobler race, and the type of manhood would be improved in all that goes to make up a great and powerful people. We are careful to feed our young horses on grass and oats and withhold maize, as it is too heating; but how many parents think of the effect the compounds of fine flour and fat, sweets and acids, spices and condiments innumerable, have upon their children? Oatmeal is often objected to because it is so bitter. The bitterness of oatmeal signifies age. Freshly ground oatmeal is sweet as a nut. Oatmeal porridge has come into fashion, and is strongly recommended to dyspeptics for the same reason as brown bread; but unless oatmeal is thoroughly cooked, it is not likely to meet with prolonged favor from those who lead sedentary lives.

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#### DRINKING AT MEALS.

Among many things to which hygienists attach great importance is the necessity of abstaining from drinking at meals. In the first place, the drinking at such times is not an absolute necessity; for if the horse or the ox can eat dry grain without stopping between mouthfuls



to take a sip of water, why should we not manage to swallow our foods, which are much more moist, without resorting to the "washing down process!"

Dr. S. W. Dodds, in "Health in the Household," says that, like the habit of taking only soft foods, that of drinking at meals is exceedingly detrimental to good digestion. The evils it brings are manifold. In the first place, it inclines one to taking too large mouthfuls, and this, added to the fluid poured down with the food, interferes with thorough mastication. "Food well-chewed is half digested." But suppose we "bolt" it in ten to fifteen minutes, as is the usual custom—instead of its being divided as finely as possible, and time given for the flow of the saliva whose office it is to dissolve the nutrient particles, and otherwise prepare them for the next stage in the process of digestion—the food enters the stomach, not only in a crude state mechanically, but without undergoing that first step in the vitalizing process which is ultimately to transform it into a constituent part of the blood.

If the ill effects stopped here, it would not be so bad; but they do not. The moment the gastric juices begin to flow from the follicles in the stomach, they are met, not by the smooth pulp of finely masticated and insalivated food, but by a crude, half-ground sort of "fodder," mixed up with a mass of hot coffee, strong tea, greasy cocoa, water, or some other liquid, each as foreign in its nature to that vitalizing solvent which the stomach itself prepares, as it is possible to conceive. And if the drink taken is very cold, it will check or prevent the flow of both the gastric and the salivary juices, and thus cripple digestion at every stage, from the lack of vitalized material to carry on that process. If hot drinks are indulged in, the opposite effect follows—viz., an over-stimulation, and therefore an exhaustion of the glands and follicles that secrete the digestive fluids.

The next injury sustained is in the duodenum and small intestine; the food, or that part of it which reaches these, is not in a condition to be properly acted on by the intestinal juices.

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### FRUITS.

Fruits are a corrective for disordered digestion, but the way in which many persons eat them converts them into a curse rather than a blessing. Instead of being taken on an empty stomach, or in combination with simple grain bread, they are frequently eaten with oily foods, or

they are taken at the end of the meal, after the stomach is already full, and perhaps the whole mass of food washed down with tea, coffee or wine. Fruits, to do their best work, should be eaten either on an empty stomach or simply with bread—never with vegetables. In the morning, before the fast of the night has been broken, they are not only refreshing, but they serve as a natural stimulus. And to produce their fullest, finest effect, they should be ripe, sound, and of good quality. The good effects that would follow the use of good fruit are often stopped by saturating them with sugar. Few good fruits, if ripe, require sugar.

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#### FIVE METHODS OF STOPPING A COLD.

First: Bathe the feet in hot water and drink a pint of hot lemonade; then sponge with salt water and remain in a warm room. Second: Bathe the face in very hot water every five minutes for half an hour. Third: Sniff up the nostrils hot salt water every three hours. Fourth: Inhale ammonia or menthol. Fifth: Take four hours' active exercise in the open air. A ten-grain dose of quinine will usually break up a cold in the beginning. Anything that will set the blood actively in circulation will do it. But there is a better way than any of these, and that is to prevent colds by keeping the blood pure by simple food and no alcoholic poisons of any kind, nor any greasy and indigestible foods.

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#### THE USE OF SALT WITH FOOD.

The question is often raised to what extent we should make use of salt with our food.

In all ordinary cases, at least, the matter may be left to the individual appetite. A slight excess of salt is easily cared for by the system, while a craving for a small amount with the food is perfectly normal, and under no circumstance harmful.

Indeed, although we take at all times more salt as seasoning than is absolutely needed in the body, such is the necessity of its presence that food prepared without salt is hardly to be considered nutritious.

Common salt—sodium chloride—is perhaps, on the whole, one of the most important inorganic substances in the body; so important, in fact, that it can be said there are no tissues or fluids in the body in

which it does not occur. The average human body contains from eight to ten ounces.

The part which salt plays in the human economy is in dissolving much of the nutrition which is supplied to the body, and facilitating its absorption and distribution to the various tissues.

The connection between the action of salt and that of the various tissues and fluids is so intimate, in other words, the presence of salt is so necessary to the vitality of the various parts of the body, that life would soon come to an end if it were withdrawn entirely.

A substance to which so much influence is ascribed might naturally be supposed to have some virtue as a medicine. Such virtue has at different times been attributed to it by some authorities.

For example, it was supposed, since the acid in the gastric juice was found to be derived from sodium chloride, that the addition of a greater supply of common salt would be of benefit in cases of indigestion due to a weakened state of the gastric juice. But experiment showed that an increased supply of salt taken with the food was eliminated from the system, instead of being used to form the desired digestive acid.

On the whole, then, we may regard salt as an indispensable adjunct to food, but not as a substance possessing any peculiar medicinal properties.

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### TO WALK PROPERLY.

Stride out to your full measure, but don't try to go beyond it, and try not to fall short of it as you go on. Keep the knees as straight as you can conveniently, and this will oblige you to rise on the ball of the foot behind at each step. The calf of the leg is a valuable element in walking, and yet many walkers, by throwing their weight upon the knees and the muscles of the front of the upper leg, lose the push and spring of the calf altogether. Such men habitually stand with knees bent, like a "sprung" horse, and only straighten the knees by an effort. The arms should swing freely, the head should be up, and the chest expanded; breathe deep and breathe slow.

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### YAWNING GOOD.

Yawning, though contrary to the canons of good society, is undoubtedly very beneficial to the individual. Muscles are brought into

play during a good yawn which otherwise would never obtain any exercise at all, and its value as a sort of natural massage is considerable. The muscles which move the lower jaw and the breathing muscles of the chest are the first ones used during the process of gaping, then the tongue is rounded and arched, the palate tightly stretched, and the uvula raised. The eyes generally close tightly toward the termination of the yawn, the ears are raised slightly and the nostrils dilated.

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### TO CLEAR THE SKIN.

The diet has such a decided effect upon the complexion that I wonder that more attention is not paid to it. Hot fats, breads, and highly seasoned dishes, tea and coffee, should not be indulged in to excess. Fruits, especially apples, oranges, currants and rhubarb, should be eaten. Lemonade, but not clear lemon juice, is beneficial. Early spring salads, dandelion, cress, lettuce, peppergrass dock, and nasturtium leaves, dressed simply or eaten with salt, are good. Early in the spring, this tea, taken in tablespoon doses, three times a day, helps greatly to clear the skin. Boil together for three hours, two pounds of wild cherry bark, one pound of dandelion root, two sticks of rhubarb, one ounce of sassafras, one pint of grape juice, one-half pint of currant juice, one ounce of clover blossoms and two sticks of hoarhound. Strain and bottle for use.

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### PROVIDING FOR EMERGENCIES.

In a scattered country neighborhood, where it is impossible to summon a physician quickly, the medicine chest is an absolute necessity. It should be well arranged, so that everything and anything may be found without delay. And it must, most emphatically, be out of the reach of children. Every housewife should learn enough of physiology and disease to prescribe simple remedies for ailments and accidents, though this should never prevent her from sending for a regular physician when she has reason to suspect serious illness. One thing to be carefully avoided is indiscriminate dosing. In the closet where medicines are kept there should be a supply of bandages, lint, sponges and plaister.

## HOUSE AND HOME.

CONDUCTED BY LILLIAN WHITE.

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### HOUSE.

**WHAT THE HOUSEWIFE SHOULD AVOID.**—She should not allow ashes, pie-juice or cinders in the oven. She should not put bread away in a tight box or pan until quiet cold, for it will steam and become soggy if put away while hot. She should not put damp tea-leaves on a light-colored carpet before sweeping it, as often recommended, as they will surely leave stains. She should not cut soap with a knife, but with a fine wire or thread, and there will be no waste. She should not bake loaf cakes in a hot oven without taking the precaution to set a little iron stand (or something of the sort) between the cake tin and the bottom of the oven, to prevent the loaf from burning on the bottom before it is done through. She should not clean grained wood with soapy water, but with cold tea, if she would keep the color bright and fresh. She should not have damp clothes hanging around the kitchen or sitting-room, if the wash day proves too stormy to hang them outside, for the dampness from them may bring on a case of croup among the children, or pneumonia with the older ones; it will be better to let the clothes soak a day or two until the weather clears. She should not attempt to beat eggs to a stiff froth without first putting in a small pinch of salt, as this will cause them to beat much finer and quicker. She should not allow the oilcloth to become dull and wear into holes, when she can preserve it by giving it one or two coats of varnish; for a little care in this respect about twice a year, during the spring and autumn house cleaning, will keep it bright and durable for a long time.

**HANGING PICTURES.**—By hanging pictures low you increase the apparent height of a room. Colored pictures should not be hung in hallways or on staircases unless there is plenty of light for them. In such places, strong photographs, engravings and drawings in black and white go best. A picture should not be hung from one nail; the diagonal lines formed by the cord have a very discordant effect. Two nails and two vertical cords, or, what is far more safe, pieces of wire cordage, should be used instead of the single cord. Picture cord should be as near the color of the wall upon which they are put as possible, so that they may be but little seen. When one picture is

hung beneath another the bottom one should be hung from the one above, and not from the top; we thus avoid multiplying the cords, which is always objectionable. A good hue for walls where prints or photographs are to be hung is a rich yellow brown, or a leather color. Lustre to the back of the print or the tone of the photograph is thus imparted. The wall paper should have no strongly defined pattern, and should be of one uniform color, such as red inclining to crimson or tea green. The centre of the picture, as a rule, should not be much above the level of the eye.

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### THE DRESS.

**THE SLEEVE DIFFICULTY.**—The solution of the sleeve question has been found at last. We have been agonized, stuffing them into the never sufficiently wide sleeves of our jackets and coats, and have heretofore gone about with a "stuffed turkey" sensation that was neither pleasant to feel nor lovely to behold, however seasonable it might be just now. A new arrangement for dresses, both charming and economical, has been devised, and this is the description given by *Weldon's Journal*:—You have a perfectly fitting bodice, made in any kind of lining you may fancy, save linenette, which is too cold for winter wear—in color, gray or fawn, as neutral tints best serve your purpose; and to this skeleton bodice, which buttons in front, you have a very full and handsome pair of sleeves of some black, silky material, satin merv, *peau de saie*, ondine, or anything you may fancy. You must now provide yourself with a series of velvet or velveteen blouses, sleeveless, and fastening at the underarm seam and over one shoulder. These blouses must be slightly full back and front. You can vary them according to your taste and purse, but the one pair of sleeves does duty for them all, and your wardrobe appears to have an endless range without making much inroad on your pin money. For the coming festivities in country houses this plan is invaluable, because, in addition to its other advantages, it has that of taking up less room in your trunk. Sleeves, as we all know, are no small item of expense; it is our gain to possess as few as possible. Let the ones you have be as lavish and up to date as possible, but they must be quite simple, allowing no ornamentation save richness and fulness of material, and a fall of chiffon or lace over the wrist. The blouses can be made of pretty shot shined silks, or accordion-pleated surah. Pink or maize looks lovely with a

gorgerin or pointed throatlet of the new cabouchon jet passementerie. For evening wear you have the lovely black nets, spangled with blue steel, which look bewitching, made up over salmon or sky blue satin. Chiffon and crêpe de Chine are also much used. Nor is this yet all. The new spencers, or short coats, which are destined to be the craze for the coming spring, will all be made thus. Colored cloths will be made in conjunction with colored velvets, and some will be made in black velvet or heavy brochés to fasten under the arm and on one shoulder, which will allow us to wear them over all our dresses, colored or black. This style is supremely becoming, for it gives slimness to the thickest figures.

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### KITCHEN.

**FRIED CAKES, WITH THREE EGGS.**—Beat three eggs, add one cupful of sweet milk, one scant cupful of granulated sugar, four tablespoonfuls of melted butter and one quart of flour, sifted with three rounded teaspoonfuls of baking powder. These should be as soft as can be easily rolled. Roll one-half inch thick.

Very good with two eggs and yolks of two. Let them stand a while on the board after cutting out, and then drop in the lard with the upper side down.

**HOT SLAW.**—Chop cabbage fine and sprinkle over with flour. Put a small piece of butter in the oven to melt. Salt and pepper the cabbage, and put in the pan with the butter. Mix half a teacupful cream, one egg, tablespoonful mustard, teaspoonful sugar, and beat thoroughly. Serve warm.

**STUFFED ONIONS.**—Slice the ends from medium-sized Spanish onions and peel carefully. Take out the centre with a vegetable scoop or spoon. Cover with hot salted water and simmer for ten minutes. Be very careful not to boil, as the onion must keep its shape. Remove from the saucepan and turn upside down on a cloth to drain. Fill with the forcemeat; cover the bottom of a pan with small pieces of butter, one tablespoonful of chopped parsley and one stalk of celery chopped fine. Lay the onions on top and pour over them one cup of hot white stock. Bake forty minutes, basting frequently. When done serve on a hot dish, strain the gravy over them and serve.

**LOBSTER CUTLETS.**—For every cup of boiled lobster take one large tablespoonful of flour, one tablespoonful of butter, one-half of a tablespoonful of cream or milk, one tablespoonful of chopped parsley, the yolk of one egg, salt and pepper to taste. Scald the milk; rub the butter and flour together until smooth, add to the milk and stir until it thickens; add the beaten yolks, stir for a moment and remove from the fire. Add the seasoning to the lobster and mix the custard, This must be done very carefully, that the cutlets may not be pasty. Put it away to cool, and when cool form into small cutlets; roll in egg and bread crumbs and fry in smoking-hot fat. Garnish with lemon and parsley

**OYSTER SALAD.**—For a quart of oysters use dressing made as follows: Beat well four eggs. Add to them a gill each of cream and vinegar, one teaspoonful of mustard, one of celery seed, one of salt, one-fifth of a teaspoonful of cayenne and two tablespoonfuls of butter. Place in the double boiler and cook until as thick as soft custard. It will take about five or six minutes.

The dressing must be stirred from the time it is put on the fire until it is taken off, and when that time comes add two tablespoonfuls of powdered and sifted crackers. Heat the oysters to the boiling point in their own liquor. Drain them and add the dressing. Stir slightly and set away in a cold place for an hour or more. The cracker and celery seed may be omitted, and at serving time a pint of celery sliced thin may be added.

**CRUMB PUDDING.**—Seed and chop one cup of raisins, mix with one pint of cake crumbs. Dissolve one teaspoonful of soda in a very little warm water; add to one cup of molasses and mix with the crumbs. Beat two eggs light without separating, add to them one cup of sweet milk, and mix with the crumbs and molasses. Turn into a greased pudding mould, steam for two hours and serve with sauce.

**CRIMPED FISH.**—Soak slices of any firm white fish in strongly salted water, with two tablespoonfuls of vinegar, and boil for about ten minutes. Drain the fish, arrange on a platter and remove the skin and bones. Serve hot with oyster or lobster sauce, or cold with mayonnaise or tartarin sauce poured into the space left by the bones. Garnish with water cress.



EDITOR'S OUTLOOK.

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SALUTATORY FOR 1895.

A HEALTHY and a happy new year to you, reader, and as many returns of the same as you will be entitled to by the moderate use of all the good things of this life, and a wise avoidance of the evil. And remember, that it is for yourself to determine whether your aggregate conduct for the year eighteen hundred and ninety-five shall be as wood, hay, stubble, in the great structure which is to lift humanity from the want and sin, and raise it to the skies, or whether it shall be a grain of sand, a keystone or a corner.

The JOURNAL's progress the past year has been a fairly prosperous one, despite the very hard times. Many new readers have been added to our already large subscription list, which undoubtedly is due to the fact of our placing the subscription price at a popular figure. We have endeavored to give our friends full value received.

We are pleased to note the large additions to our subscription from among the professional men of the medical fraternity.

As we remarked in our September number, we shall, in the future, look to the profession for aid and assistance with one aim, that of making the JOURNAL a thoroughly practical magazine.

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LITERARY.

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The beauty of the World's Fair buildings themselves, the landscape effects and water views have been shown in many forms, but what of the treasures of art, of science, of industry that filled these palaces to overflowing. The study of such a stupendous collection is of itself a liberal education. Thousands of surprising creations and curiosities—the Telautograph and other marvelous developments of electricity, the latest mechanical devices, the ethnological treasures from all the most noted collections; the display of the nations in the Liberal Arts building, the statuary from Italy, the gold and silversmiths' exhibits from London, the Tiffany gems, the Swiss wood carving, the Bohemian glass from Austria, the French bronzes, the German porcelain, Japanese vases, the great telescope and countless others; the Horticultural building, with the rare ferns; cacti, fruits and flowers from

every land ; the United States government display ; the model postal car, mint, models from the patent office, the historic relics ; the life size soldiery from the Puritan to the staff officer of to-day ; the Fisheries, with its monster aquarium and interesting exhibits ; the Palace of Fine Arts, with its seventy-two galleries of statuary and paintings ; the foreign buildings, teeming with interesting, strange and curious collections illustrative of the customs, habits, resources and art of people of other lands ; the State buildings ; the Midway, its cosmopolitan life and features ; the Mines building, with the greatest mineral display ever brought together, the coal pyramid, the diamond mines of South Africa, and the great Strumm exhibits ; the Agricultural building, illustrating the agricultural resources of the nations of the world ; the Krupp pavilion ; the Transportation building, showing the methods of transportation from the earliest period to the present time, the original Grace Darling boat, the sectional steamship, the Nicaragua canal model, the great 999 engine, the mammoth locomotive, "Lord of the Isles ;" the Woman's building, with the Queen of Italy's laces, the French salon, the Colonial exhibits, the examples of woman's work in all countries. There is but one work which illustrates and describes the wonderful exhibits. It has been in course of preparation for nearly two years, and is the most magnificently illustrated work ever issued in America. The title is **THE BOOK OF THE FAIR**, 2,500 copper plate engravings, 1,000 beautiful pages. Text by Hubert Howe Bancroft. Published in twenty-five parts at \$1 each. Applicants for agencies should address as below. Illustrated pamphlet mailed free on application. The Bancroft Company, publishers ; 30 and 31 Auditorium building, Chicago, Ill.

**THE STUDENT'S MEDICAL DICTIONARY.**—Including all the words and phrases generally used in medicine, with their proper pronunciation and definitions, based on recent medical literature. With tables of the bacilli, micrococci, leucomains, ptomains, etc., of the arteries, muscles, nerves, ganglia and plexuses ; mineral springs of the United States, vital statistics, etc. Half dark leather, \$3.25 ; half morocco, thumb index, \$4.25.

"We know of but one true way to test the value of a dictionary, and that is to use it. We have used the volume before us, as much as opportunity would permit and in our search have never suffered disappointment. The definitions are lucid and concise, and are framed in the terms supplied by the latest authoritative literature,

rather than by purely philological method. Obsolete words are omitted, and this has made the dimensions of the book convenient and compact. In making a dictionary, the author confesses that he has found out the labor consists in eliminating the useless, rather than adding the superfluous. The value of the work before us is increased by the large number of useful reference tables in anatomy, ptomaines, micrococci, etc.—*THE PHYSICIAN AND SURGEON*, Ann Arbor. P. Blakiston, Son & Co., publishers; 1012 Walnut street, Philadelphia, Pa.

The January issue of *TABLE TALK*, that bright little magazine published in Philadelphia, for housekeepers, and now entering its tenth year, is again before us and while, as usual the dining-room and kitchen are brought prominently to the front, the literary part of the magazine is exceptionally good touching upon the New Year. "A Breakfast with the Autocrat," "Fashion's Horoscope for 1895," "A Pretty Story of Napoleon and the all Popular Violet," "The Life Line," (in which the pathetic story of "Captain Jim" of the Life Saving Station, is made illustrative of the importance of understanding and using the life-lines thrown out to each and all of us) and so on. A chapter on Dietetics is a new and valuable addition to the subject matter of the magazine and will appear every month during 1895.

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## GENERAL NOTES.

### WARSAW SALT BATHS.

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# HALL'S JOURNAL OF HEALTH

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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## THE HYGIENE OF THE SLEEPING-CAR.

BY WILLIAM WATSON HALL, M. D.

Nineteenth century luxury and sixteenth century hygiene, or complete lack of hygiene, meet most intimately in this necessity of modern travel. And their association here fairly reflects the mental attitude toward luxury and hygiene on the part of the makers, and the mass of the patrons of sleeping-cars. Improvement can only be brought about by sharply directing public attention to the most grossly unhygienic characteristics of this means of travel and persistently demanding their amendment.

Locomotion by other means—walking, driving, the ride on horseback, the bicycle—is counted one of the reliable agencies for the promotion of health. Is there any necessary reason that the use of the highest product of inventive and mechanical skill in this direction should be attended with positive danger, even to those previously healthy?

Coming to details: one could hardly imagine anything more at variance with the accepted principles of public sanitation than the carpets, curtains and stuffed furnishings of the sleeper, for a vehicle constantly liable to receive the germs of every infectious disease. Had it all been planned to give such germs certain and secure lodgment where they would be safe from any possible effort to eradicate them, and yet in position to secure the widest dissemination, it could hardly have accomplished the purpose more efficiently. It will doubtless be a long time before the heavy hangings that have for ages been a symbol of luxury, are, on sanitary grounds, driven from use in private apartments. But it is to be hoped that enlightened sentiment and a developed desire

for cleanliness will, before long, demand an opposite character in the finish and decorations of a public conveyance.

A most important point for the hygienic improvement of the sleeping car is the air supply. The failure to recognize that living human beings require a regular and adequate supply of pure air at a fairly constant temperature, in the essential plan and construction of the car, perhaps more than anything else, marks the antiquated notions that dominate its arrangements. The usual provisions for the ventilation of buildings are far from perfect, but they are infinitely better adapted to the requirements made of them than those of the modern "palace" sleeping-car. Indeed, nothing short of a box hermetically sealed could exclude fresh air more effectually than the hangings of a lower berth ; and the sealed box would have the distinct advantage of keeping out dust. Consider the facts : one or two persons (it is always advertised as a double berth) stowed away for the night in an airspace of seventy or eighty cubic feet, with the only possibility of ventilation a window opening directly on the bed, to admit a draught of untempered air, laden with the dust raised by the moving train. This is the state in which the traveller is carried across great stretches of country, the atmospheres of which have world-wide reputations of health-giving qualities.

One is amazed that, even with an utter disregard of health, the mere discomfort of the present system has not compelled the invention and general adoption of some plan for the constant supply of fresh air from the front of the train, where it has not become laden with dust. A sufficient supply of this kind, by creating an outward current through every crevice, would do more than anything else to diminish the dust and dirt that consitute, aside from their unwholesomeness, one of the chief afflictions of the traveller.

Another matter that comfort and common sense ought to have disposed of, aside from considerations of hygiene, is that of imperfect window glass. The railroad companies, at great expense, advertise the fine scenery of their respective routes and then carry the traveller over them with glass interposed that renders it impossible for him to view the scenery except at the cost of the headache and eye-pain, if not the nausea and vertigo of eye-strain. Many other examples of ignorance and neglect of the first principles of hygiene as regards the interests of the traveller might be noted; and the right of the communities through which it passes, to not have his excrement strewn along his path is

worthy of some consideration. Reform in this as in other directions, requires that some one shall stand up and demand it, and no one can more appropriately undertake to arouse public sentiment upon the subject than the medical press and the medical profession.

Create a demand for a better state of things as regards the hygiene of travel and we can be sure that inventive and mechanical skill and railroad enterprise will soon meet the requirements of the situation.

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## MISCELLANEOUS.

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### HOW TO CURE A COLD.

When one becomes chilled, or takes cold, the mouths of myriads of little sweat glands are suddenly closed, and the impurities which should pass off through the skin are forced back at the interior of the body, vitiating the blood and putting extra work on the lungs and other internal organs. Just beneath the surface of the skin, all over the body, there is a net work of minute blood vessels, finer than the finest lace. When one is chilled, the blood is forced from these capillary vessels into one or more of the internal organs, producing inflammation or congestion; and thus often causing diseases dangerous to life. The time to treat a cold is at the earliest moment after you have taken it. And your prime object should be to restore the perspiration and the capillary circulation. As soon, then, as you feel that you have taken cold have a good fire in your bedroom. Put your feet into hot water as hot as can be borne, and containing a tablespoonful of mustard. Have it in a vessel so deep that the water will come up well toward the knees. Throw a blanket over the whole to prevent evaporation and cooling. In from five to ten minutes take the feet out, wipe them dry, and get into bed on which there are two extra blankets. Just before or after getting into bed drink a large glass of lemonade as hot as possible, or a glass of hot water containing a teaspoonful of cream of tartar, with a little sugar if desired. Should there be a pain in the chest, side or back, indicating pleurisy or pneumonia, dip a small towel in cold water and wring it as dry as possible. Fold the towel so that it will cover a little more surface than is affected by the pain. Cover this with a piece of flannel, and both with oiled silk, or better, with oiled linen : now wind a strip of flannel a foot wide several times around the chest. The heat of the body will warm the towel almost immediately, the oiled



linen and flannel will retain the heat and moisture, and steaming the part, will generally cause the pain to disappear. Should there be pain or soreness in the throat, you should treat in a similar manner with wet compress and flannel bandage. Eat sparingly of plain, simple food. Baked apples and other fruit, bread and butter, bread and milk, milk toast, and baked potatoes or raw oysters may be eaten. By following the above directions intelligently and faithfully, you will ordinarily check the progress of the cold, and prevent serious, possibly fatal illness.

---

### WHAT TO APPLY TO BURNS.

The pain from slight burns is very great. An excellent application is a thick paste of common baking soda moistened with water, spread on a piece of linen or cotton, and bound to the part. This can be kept wet by squeezing water on it from a sponge or cloth until the smarting is soothed. A thick coating of starch can be used instead of soda, or wheat flour, if nothing better can be had, but neither should be applied if the skin is broken. In this case it is better to use vaseline, olive or linseed oil. The doctor will apply some preparation containing carbolic acid. If the air can be effectually excluded from a burn the pain is relieved. Blisters should be pricked and the fluid absorbed with a soft cloth before dressing. If the clothing adheres to the skin, the loose part should be cut away and the patches of material soaked off with oil or warm water. When the injury is extensive, the sufferer will be prostrated and may die from the shock. Heat should be applied to the extremities and over the heart, and hot drinks given until the doctor comes. In burns from a strong acid the part should be covered with dry baking soda or lime, as the alkali will neutralize the acid. No water should be used, but cosmoline or oil applied after the alkali has been brushed off. When the burn has been caused by an alkali, an acid must be used. A person recovering from the effects of a burn requires very nourishing food.

---

### THE WOES OF INFANTS.

There are few points on which the doctrine of the liberty of the subject is carried to such extremes as in regard to the treatment of infants. "Shall I not do as I will with mine own?" and what is more

a woman's own than the baby she has borne ? and so it happens that, under the cloak of mother's love and maternal responsibility, cruelty is done and crime committed, which in no other relation of civilized life would be permitted for a moment. Every week we receive reports of inquests on infants who have been "done to death," by the indifference, the carelessness, the ignorance of mothers; and these do not represent the more flagrant cases—a mere percentage, it is to be feared, of the preventable infantile mortality of the country. The sour and fetid feeding-bottle; the carelessly cooked and improper food; the giving out to nurse to reckless people, whose only aim is to gain as much and spend as little as may be over the unfortunate hired-out infant; the dosing of the sickly, and therefore fretful, child with poisonous infants' preservatives; the final overlying during drunken slumber—all these are modes of torturing and killing infants, which are excused as due to ignorance and not to crime. These forms of child murder—done calmly, coldly, and with acquiescence, if not calculation—but rarely meet with punishment, while often earning the solid consolation of the insurance agent; and yet the poor woman who unexpectedly becomes a mother, and, aghast at the horror of her position, with brain blanched by hemorrhage and with mind incapable of intent, throws her child, in an access of wild terror, into a ditch or down a privy, she, poor wretch, is held guilty of murder. Surely the parents who bring into the world child after child only to lose them by diarrhœa, marasmus, convulsions, rickets and other diseases due to ignorance and neglect, are guilty in a greater degree. It ought to be recognized that woman's work during the child-bearing period of her life is to look after her children, and that the proper way of doing so is to suckle them. To rear children artificially with safety requires more time and care than does mere suckling, but it is for the very sake of saving time and lessening care that nursing is neglected, and in a large proportion of cases, this is the root of children's ailments. We suppose it is idle to preach on this text, it has been done so often and with such small avail. Probably the cheapness of female labor is at the bottom of a great deal of the mischief. However slack the trades for men may be, there is almost always work for women if they will take the price, which they mostly do; and thus we see the absurd spectacle of women, in the intervals of bearing and burying a tribe of children, sewing, charring, washing, or going to the factory, besides keeping the house together, working for the purpose a daily sixteen

hours, while the lords of creation are doing perhaps three days' work a week, or perhaps are out on strike for an eight hours' day. And yet women marry! Evidently we are suffering from a want of correlation between the evolution of man and the progress of what we are pleased to call civilization. New conditions require new men; whereas man still retains within him the instincts of the savage, which are sexual. The man of to-day ought not to marry until he has reached a time of life when he has been able to put by for a home; and those who know how far man yet is from such perfection, will recognize how many woes the babies of the future are likely still to bear.

---

### TO AVOID COLDS.

There is one simple way of avoiding cold—keep your mouth shut when out of doors. The man or woman who comes out of an overheated room, especially late at night, and breathes through the mouth, will either catch a bad cold or irritate the lungs sufficiently to cause annoyance and unpleasantness. If people would just keep their mouths shut and breathe through their noses, this difficulty and danger would be avoided.

Chills are often the result of people talking freely while out of doors just after leaving a room full of hot air, and theatre goers who discuss and laugh over the play on their way home are inviting illness.

It is, in fact, during youth that the greater number of mankind contract habit of inflammation which makes their whole life a tissue of disorders.

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### COLD IN THE HEAD.

What is commonly called "a cold in the head" is the inflammation of the mucous membrane lining the cavity of the nose, and is characterized by a mucous secretion, generally of short duration, but which in some circumstances may last indefinitely. The principal cause of the latter condition is the existence of ulceration covered with scabs, the secretion of which undergoes decomposition and gives rise to the characteristic odor. The difficult point in the treatment of all cases of this sort is to free the nose completely by means of nasal irrigation of the matter covering the damaged mucous membrane, and this the patient is usually unable to do; for this reason this condition often

requires treatment for which the patient is obliged to have recourse to specialists. But according to M. Musehold, of Berlin, this complex treatment may be noticeably simplified by means of applications of glycerine, which on account of the hygroscopic properties of this substance, rapidly softens the crusts in the nose and render their removal very easy. In order that the patient may be in a position to make these applications personally, M. Musehold prescribes glycerine and borax, diluted with water until it can be used in a small spray. The sprays should be directed into each of the nasal cavities two or three times a day. A few minutes after this little operation, the crusts are sufficiently softened to be easily removed by means of a nasal irrigation. Under the influence of this treatment it is claimed that all the disagreeable symptoms of the disorder improve or disappear rapidly.

---

### PAIN AND REST.

We are told that pain is nothing more than a nerve-irritation. It is experienced when any destructive process goes on in any part of the body, and may be felt in one part of the body, while the source of it is in another. Thus headache may have its source in the muscles of the eye.

Pain, strange as it may seem, is really a protective and beneficial sensation.

In the case of a broken limb, extreme pain is caused by motion in that limb. Therefore the sufferer, whether man or animal, tries to keep the limb at rest, which is the very condition requisite for its healing. Surgeons, indeed, have taken hints from nature in this regard, and in cases of tuberculosis affecting joints, find that the best results are obtained by rendering the joint motionless by means of splints, though the affection itself is often not very painful.

Pain from indigestion is relieved by temporarily lightening the diet, and giving the digestive organs less work to do. Even headache usually indicates a call for rest.

Pain due to an overtaxing of the nerve centre, that is, the brain, is usually the most difficult to combat, since here the cause is often obscure. In this state neuralgia—nerve pain—affects first one part of the body, then another. Nature's restorer, sleep, is courted with difficulty, and life's ordinary duties become burdens almost too heavy to be borne.

In this condition, nature's call for rest is best heeded by a complete change of surroundings. If the call is disregarded, serious consequences are likely to ensue. A vacation offers one of the best chances of recuperation. In fact, a regular indulgence in such forms of recreation is the best means of preventing this very condition, and should be looked upon not as the indulgence of a weakness but as the performance of a duty.

In the natural course of events one adds to, rather than detracts from, the years which may be given to active labors by devoting regular periods to rest.

Treat the body not as a mere machine, which wears out in any case after a certain number of years or months of work, but as a vital organism having the power of revivifying itself—capable of being hard worked, but demanding, too, times of recuperation.

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### EXCESSIVE SMOKING.

Tobacco is a sedative or soother. It acts on the heart, and depresses and slows its action. This is why excessive tobacco smoking will produce "smokers' heart," and cause pain and irregularity of the heart's action, which are cured by giving up or moderating the habit. So, also, excessive smoking will produce a temporary blindness, which disappears when the tobacco is limited and consumed within proper limits. Doubtless, also, excessive smoking is a frequent cause of heartburn, indigestion and other stomach ailments—note, I say "excessive" use of the weed—and if any body asks me, "What is excess?" I have my answer ready:—Excess is that which makes the individual in any way unhealthy or indisposed. I say "individual," because what may be a fair quantity for A may be an excess for his neighbor B, or not enough for neighbor C; you cannot lay down any one law here for every body. What I always contend about tobacco (and other things) is that it is the wise, educated intelligence of the individual which alone can and ought to guide him in all his habits. If he does not know when excess is reached (and he must be very stupid if he remains ignorant of this), or if he is unable to keep his tastes and desires within reasonable bounds in the matter of tobacco (or anything else), his only wise course is to abstain altogether. I cannot see that reason and common sense require us to go beyond this

plain rule of life. As regards the young, I say tobacco-smoking is injurious. It is the same with alcohol. Both things are injurious to the young and growing body. They interfere with the body's nutrition and stunt growth. Therefore, I say to parents, don't allow your boys to smoke; and to boys themselves I say, don't smoke at all, because it can only lead to ill health. If you are to smoke at all, exercise your discretion when you attain to manhood.

---

### HANDY TREATMENT OF BURNS.

Long before the all-pervading "microbe" was the subject of perpetual talk, it was well known that a most essential point of treatment was to keep the air completely excluded from a burn, and no more than that is known now. Bandages alone will not do this; some air-excluding dressing is needed; and for a burn that is not too large, no much better immediate treatment can be had (if medical aid is not instantly ready) than to separate the whites from the yolks of some eggs, and paint the whites over the hurt surface with a camel's hair brush or a feather; then cover the place, egg and all, thickly with rag, and then cotton wool, and do not uncover until a doctor comes, or until a week has elapsed, if no medical advice is available. This is for an emergency, if nothing special is ready; but in every household there should be a bottle standing in an accessible place, containing a mixture of equal parts of linseed oil and lime-water, and tied round its neck should be some rags, while there should be these instructions pasted on it—"In case of burns soak rag in the oil, and cover the place completely, and then cover the rags with a thick bandage." If a cook has this at hand, and at once uses it for even a severe splash of boiling fat, the injury will probably leave no trace in a few days.

---

### AGE AND SEX IN DISEASE.

There are three periods in adult life when one seems more liable to go wrong than at any other times. The one is at thirty-six years of age, when thin people tend to become fat and fat people thin; the next is between forty-five and fifty, when the appetite fails, nervous diseases appear, when one no longer likes to stoop much, and begins to prefer riding or walking; and the next is at sixty-one, when the same phenomena appear more markedly. With regard to the sexual

distribution of disease, one may say that ordinary kidney, lung, and brain diseases, accidents of all sorts, scarlet fever and late consumption are most prevalent among males, and cancer, diphtheria, typhoid fever and early consumption amongst females. The most distressing cause of nerve breakdown amongst unmarried women, to which we must briefly allude, is that sudden change of circumstances that ensues when a father dies who, through carelessness or improvidence, has neglected to make adequate provision for his unmarried daughters. Such a case is perhaps more common here than abroad. Nothing can be more distressing and cruel than for girls who have all their lives lived in every luxury and without a care, suddenly to be stripped of everything, through no fault of their own, and turned out of their home to provide for themselves as best they can.

---

#### TO KEEP ONE'S YOUTH.

A distinguished English scientist, Mr. William Kinnear, in a magazine article insists that the secret of perennial youth is to be found in the use of distilled water and phosphoric acid. He says that death, or disease that produces death, is caused by the deposit in the human system of calcareous or earthy matter, and that the drinking of distilled water, which is itself a great dissolvent, and the use also of from ten to fifteen drops of diluted phosphoric acid in each tumblerful of water will remove such deposits and prolong human life to the very latest limit. In several of the great hotels in New York distilled water is provided at the table and for the use of the guests in their rooms, and the advertisement of this fact attracts many patrons.

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#### RHUBARB.

Rhubarb does not contain prussic acid, but is almost unique in containing malic acid, in conjunction with binoxalate of potash. It is this ingredient which renders rhubarb so wholesome at the early commencement of the summer. Some species are very acid. The conditions of growth influence it considerably; the question of personal constitution is also one of great importance, so that while it is wrong to condemn the use of rhubarb generally, none the less there are some people to whom it would be distinctly injurious. The worst

form in which to take it is in a sour state, with sugar added; the best form to use it is when well grown and fairly sweet, to cut it into short pieces and stew it, and use it with rice, farinaceous, or milk-puddings, without sugar. It is quite true that, in the case of some people, rhubarb affects the bladder, and causes an unpleasant uneasiness in this region, and this is a general sign that such persons should not use it; but this no more proves that rhubarb should not be generally eaten than the peculiar effect of apples on some persons' skins prove that apples are to be generally avoided. Remember, then, to be very sparing in the use of sour rhubarb, to use as far as possible no sugar with stewed fruits, and not to force rhubarb upon those with whom it does not agree.

---

#### A WORD ABOUT FRICTION.

"Soap and water for cleansing the skin, friction for making it smooth, and exercise for giving firmness to the flesh." This is a suggestion which comes from a well known masseuse. Let the seeker after well groomed beauty take it unto herself, and act accordingly. The daily bath is one beauty agent, to be sure, but in order that its effects may be fully appreciated, follow it up with a vigorous rub off with a Turkish towel, and after this treatment apply a Turkish mitten. A thorough rub down, not merely drying with a soft towel after the bath, is necessary for skin smoothness.

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#### THE CAUSE OF LOCK-JAW.

The essential cause of the disease, wherever it may occur, is undoubtedly a minute vegetable parasite, the tetanus bacillus, which grows, under ordinary circumstances, in the surface soil of most parts of the earth, and is especially abundant in the tropics. It is well known that simple fractures of bones almost invariably heal kindly, without serious inflammatory or other trouble to the patient. It has been found that if after fracture micro-organisms are injected into the blood, or if the animal be fed on food which contains them in abundance, such as putrid flesh, the bones will not unite, but intense inflammation will be caused and death ensue from blood poisoning. Many other similar facts might be mentioned. The germs are the essential, the fracture the predisposing cause of the disease. In lock-jaw the most important predisposing causes were formerly considered to be



shock to the nervous system and exposure to cold. In all probability these really contribute to the result by lowering the vitality of the patient, so that the living elements of his tissues are less able to withstand the invaders. A bruised and lacerated condition of the wound affords a favorable soil in which the bacilli may grow. In one case the predisposition is constitutional, in the other local. Where no external wound can be discovered, it is probable that the bacilli gains entrance through some abrasion of the lining membrane of the nose, mouth, or alimentary canal. It may follow wounds of all descriptions, from the most severe surgical operation to the merest scratch, or the extraction of a tooth.

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### DARK HOUSES.

People who keep their houses dark for fear of the sunlight spoiling their carpets and furniture, have no idea of the disease destroying influence of sunlight and air. Recent experiment made in the Pasteur Institute have shown that bacilli exposed to the sun and air were destroyed in two hours, while those exposed to the sun, the air being excluded, were alive after fifty hours of exposure. Dr. Palermo, of Naples, made an interesting experiment with cholera bacilli. While he found those protected from the sun killed guinea pigs in eighteen hours, as usual, those exposed to the sun, though not killed, were rendered harmless. As to the influence of sun and air on bacilli, it was ascertained that the oxygen of the air had a marked effect in assisting the sun's rays, and that the bacteria suffered more from the sun's rays if the supply of oxygen was increased than if it was diminished. Certain liquids, too, which will undergo putrefaction in the dark, will remain sweet and free from bacteria when exposed to the sun's rays. Air and sun are Nature's great purifiers

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### SALT AS A PRESERVER OF HEALTH.

I know a woman (writes a correspondent of a contemporary) who at the age of forty-nine has the complexion of a peach and the health and vigor of an Irish peasant; who is out in all sorts of weather, and will walk about all day in snow or rain with feet and ankles wet, and never take cold. "How do you keep yourself in such splendid condition?" I asked. "Salt!" she laughingly answered. "It is salt that preserves

my health. I use it in my bath, as a dentifrice and to gargle my throat. You know, first of all, I come from good stock, and am naturally strong; but without proper care the best of health will not last. Immediately on getting up I take a vigorous scrubbing with hot water, soap, and a stiff brush; then I give myself a douche with ice-cold water which I have made thick with salt, using a coarse flesh towel to thoroughly dry my body. Salt is a great purifier. I use it in my throat and nostrils, and it is the only dentifrice I ever use."

---

### MOON BLINDNESS.

The possibility of this affliction has been strenuously affirmed and as strenuously denied. Many experts in diseases of the eye have brushed the question aside as the merest superstition of ignorance. On the other hand, thousands of old soldiers attribute their loss or defect of sight to sleeping in the moonlight. So firmly was this belief established in the army during a recent war, that where exigencies of the case permitted, the utmost care was taken to shield the face from the pernicious influence of the moon. A case now reported of the captain of a vessel, who, sleeping upon the deck of his vessel in the full rays of the moon, became totally blind and all but cast away his ship. The report is made in evident good faith; and the history of the case, together with physical examination, seems to allow of no other explanation.

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### FOR THE INVALIDS.

Thickened milk is one of the most nourishing foods we have, and is particularly valuable as a remedy for diarrhoea and kindred diseases. Tie a bowl full of flour in a cloth and boil for several hours (immersed in water). When the cloth is removed the flour will be a hard ball. Pare off the crust and grate the flour down as wanted. As the flour is already cooked, it only needs to boil up enough to thicken the milk when wanted.

Barley water is a favorite drink with many invalids. Wash two ounces of pearl barley and put it in half a pint of boiling water; boil about five minutes and drain the water off and pour over it two quarts of boiling water; boil away half the water then strain. Sweeten and flavor with lemon juice.

Another drink that will sustain life when nothing else can be taken

is coffee, prepared as follows : Make a strong cup of coffee, put in cream and sugar (a little more sugar than for ordinary drinking) and pour over a thoroughly beaten egg, after bringing the prepared coffee to a boiling heat, so that it would cook the egg when poured over it.

Cream-of-rice soup : Wash two tablespoonfuls of rice, let it stand in cold water for an hour, and then put in a double boiler half a pint of chicken broth, half a pint of milk, a scant salt spoon of salt and the drained rice. Cook one and one-half hours, rub through a fine sieve and replace over the fire. When it comes to the boiling point pour it on the beaten white of an egg and stir thoroughly ; serve hot.

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### SLIGHT WOUNDS.

Several cases have been recorded of inquests relating to persons who have died from blood poisoning, arising from small cuts on the hands. A man, for example, while working at his trade, or even while carrying out the simple detail of cutting a piece of bread, receives a small cut on the hand. The injury is so trivial that anything is considered good enough with which to stop the bleeding ; and, this end having been attained, no more is thought of it. The small wound is left to take care of itself, and is exposed to all sorts of filthiness and sources of infection. By good luck, nothing may happen ; but it would be well to bear in mind that from the most trivial injury to the skin acute septicæmia may supervene, and may rapidly be followed by a fatal termination. It should, therefore, be borne in mind that so long as wounds remain unhealed, the risk of contracting blood-poison will always be present.

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### HYGIENE OF THE HEART.

Many attempts have been made to estimate the amount of work done by the healthy heart of a man in the prime of life. Some hearts are very strong, some very weak. We may say that a good one beats about 100,000 strokes every twenty-four hours. Dr. Richardson has made a new estimate, and places the heart's work every day equal to raising 125 tons one foot high. It is estimated that the amount may be increased by alcoholic drink about one-fifth more, but in the end the heart fails sooner and the person dies earlier.

The "Journal of Hygiene" says that those who wish to live to old age need to take care of their hearts and preserve their vigor. This they can do by hygienic precautions, especially in avoiding alcoholic stimulants, and also in avoiding anything that constricts or cramps this organ. If by bending over desks one becomes narrow chested, the heart has less room and cannot do its work so easily. It would be for the heart like exercise of dumb-bells or clubs in a small bedroom for the muscles. The gymnast could get no free play for his limbs in such a room. This is also one of the evils of tight clothing, not only corsets, but coats and vests that constrict the free play of the chest. They cramp the movements of the heart and make them less perfect. So excessive eating gives the heart more work to do, and often taxes it beyond its power. When the food is changed into blood, the heart has to force it all through the body, and if the organ is weak it often fails to act, and then what happens every one knows.

Weak hearts may be strengthened by moderate and regular exercise of almost any kind. It is unwise, when the heart is weak, to avoid physical culture. All one has to do is to avoid extremes, simply taxing the heart up to its strength and no more. Do this regularly, and the heart will gain slowly in vigor. Persons with fatty degeneration of the heart have been greatly improved by systematic exercise. Indeed, this disease is even said in some cases to be often caused by lack of exercise to keep the blood evenly circulated in the vessels and prevent its engorgement in the internal organs.

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## HOUSE AND HOME.

CONDUCTED BY LILLIAN WHITE.

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### THE HOUSE.

**DENIM.**—Denim is one of the best of all fabrics for a portiere in rooms constantly used. It may be washed out and will look quite as well as new. If you want a variety put one entire width in right side out, and split another and join to the first section, putting the side pieces wrong side out. Sew the seams, then fell them and feather stitch the outside of the seams in colored linen. Then with a teacup or saucer draw some circles, intersecting or lapping at one edge. Work these with linen in short stitches and make eccentric lines or spider web lines from the central design. The edges may be hemmed or

feather stitched, or done in button hole or cut out in scallops. It is better to have the edge of the facing instead of making a turned-in hem.

**IN DARK GREEN OAK.**—A new finish for furniture is that of Epping oak, and is a green, with a real forest hue in its brown depths. Chairs and high, straight-backed settees, intended chiefly for halls, though they are seen in other parts of the house, are furnished in this way.

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### THE DRESS.

**PARIS VISITING COSTUME.**—Gown in silver-gray taffeta, figured with magenta palms and smartened up with cabbage bows in dark moire silk and cream guipure work ; the latter composes the cuffs and vest with epaulettes, as well as the bands round the neck and across the skirt. This wide skirt is mounted with three box plaits at the back and in front, and is lined with a bright color and stiffened with a false hem, simulating a skirt about three and a-half yards wide in horsehair, edged with a double row of feather trimming, and backed with a balyeuse or two pinked-out flounces in plain gray silk. Cabriolet bonnet in magenta velvet, enchanced with a panache of dark feathers secured down with a cabbage bow in rose Bengal matching the drawn lining.

**MILLINERS HATE BIG WIGS.**—Women with tremendous crowns of glory are the *bête noir* of the fashionable milliner. An authority says : "A woman with a lot of black hair who tries to get a suitable bonnet out of stock wastes her time ; if she buys she wastes her money. That class should never wear anything but order goods. It doesn't cost any more, it gives the customer ten times as much satisfaction and reflects deserving credit upon the milliner."

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### THE KITCHEN.

**COOKING VEGETABLES.**—All vegetables should be put in boiling water when set on the stove to cook. Peas, asparagus, potatoes, and all delicately flavored vegetables should be only covered with water, but those with a strong flavor, like carrots, turnips, cabbage, onions and dandelions should be cooked in a generous quantity of boiling water. All green vegetables should be cooked with the cover partially off the stew pan. It gives them a better color and a more delicious

flavor. The average housekeeper is careless as to the time of cooking vegetables, yet a vegetable is as much injured by too much or too little cooking as is a loaf of bread or cake.

**MOCK CRAB SALAD.**—One-half pound pickled shrimps, one-quarter pound good old cheese, one tablespoonful salad oil, one-half teaspoonful cayenne pepper, one teaspoonful salt, one teaspoonful white sugar, one teaspoonful mixed mustard, four tablespoonfuls celery or onion vinegar. Mix the shrimps and grate the cheese. Work into the latter, a little at a time, the various condiments enumerated above, with the vinegar last. Let all stand together ten minutes before adding the shrimps. When this is done stir well for a minute and a-half and serve in a glass dish or in a crab shell.

**CREAM LOBSTER.**—Lobster stewed in cream is first boiled and removed from the shell, and then heated in cream sauce made by the even admixture over the fire of a tablespoonful each of butter and flour and a pint of milk or cream; the seasoning is salt, pepper, cayenne, and at the moment of serving a glass of sherry or Maderia and the yolks of two eggs; the wine and eggs should first be mixed with a little of the sauce and then quickly stirred into the rest, but the sauce must not boil after they are added to it.

**BEAN SALAD.**—Young beans make an excellent salad, writes Mary Ann. String them and cut in inch lengths, and boil in salt and water until tender, drain well, and to a quart of beans add a chopped onion; take three tablespoonfuls of vinegar, two of melted butter, salt and pepper to taste, beat the vinegar and butter together, add the seasoning and pour over the beans and onions; mix well and set away for an hour or two before using.

**TROUT EN COQUILLE.**—Grease paper cases, place them in the oven about two minutes, watching carefully that they do not scorch. Parboil little trout and cut into scallops about half an inch wide. Saute in butter. Mix them carefully with parsley or Bechamel sauce, then fill the shells or cases. Sprinkle browned bread crumbs over the top and warm in the oven before serving.

**PICKLED HASH.**—Pickled hash! That sounds perfectly awful, doesn't it? But it is an excellent dish. Chop your bits of meat quite fine and put in a bunch of chopped celery, or any such relish as you

may like, one tablespoonful of home-made mustard, one tablespoonful of melted butter, one teaspoonful of salt, half a teaspoonful of pepper and two hard-boiled eggs, chopped fine. Mix the ingredients thoroughly, lay sliced hard-boiled eggs over it and pour half a cup of good vinegar over all.

**TEA MAKING.**—Few people realize how much depends on the water for making good tea, for if it is hard it will spoil the most expensive tea. It can be improved by adding half the quantity of rain-water (filtered, of course) or a tiny pinch of bicarbonate of soda. The water should be freshly drawn and boiled quickly, using it at once. Allow one teaspoonful of tea to each person and infuse the tea seven minutes. It will then be wholesome to drink.

**STUDY THE OFFICIAL FORD REPORTS.**—The reports of the United States Agricultural Department upon the adulteration of various articles of food furnish instructive and reliable information relative to many products in daily use, as to the purity of which the public have heretofore had little knowledge, and there is no work of the government of more real, practicable service to the whole people than this. The report upon the subject of baking powders alone, giving information as it does so closely affecting the daily diet of almost every one of our sixty-five millions of people, is worth the cost of the whole department for a year.

This report effectually exposes the dangerous character of most of the articles sold as baking powders, and without hesitancy gives the public not only the names of the adulterated articles, but also the names of those powders found to be purest, most wholesome and efficient. At the head of all the powders, the highest in strength, the purest and most wholesome in quality, is placed the Royal Baking Powder. It was found to evolve 160.6 cubic inches of leavening gas per ounce, while the average of the other cream of tartar powders was but 89 cubic inches.

These facts are very suggestive to the practical housekeeper. They indicate that the Royal Baking Powder goes more than 33 per cent. further in use than the others, or is one-third more economical. Still more important than this, however, they prove this popular article has been brought to the highest degree of purity, and consequently that by its use we may be insured the purest and most wholesome food.

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EDITOR'S OUTLOOK.

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## THE USE AND ABUSE OF DRUGS.

In the use of medicines in the treatment of disease, the judicious physician will avoid either of the two extremes represented by therapeutic nihilism and polypharmaceutic credulity. The *vis medicatrix naturae* is the proved dependence of the organism in its unaided struggle with disease, and the same potent force should be the principal dependence of the physician as well. But there are many cases in which the natural powers of recovery are too slow or too uncertain in their action to be the sole dependence of the practitioner of the healing art. If given time, nature may seal by clot a wounded artery, but while waiting for this the patient may bleed to death ; therefore pressure, ligature or other appropriate measure must be promptly employed by the surgeon. Nature, if given time, may evacuate an abscess, but the point of rupture may be such as to introduce new dangers—as when abscess of the pharynx discharges into the windpipe—or septic poisoning may occur while one waits for spontaneous discharge. The surgeon therefore wisely makes an artificial opening at a point and time of election.

In the same manner, in dealing with less obvious pathologic conditions, there may often be occasions when it is well to hasten assist or direct the natural processes of recovery, and this can frequently be done by drugs wisely chosen and judiciously administered.

Whoever has seen the distress of patents in whom there has occurred rupture of cardiac compensation for valvular lesions, and has further observed the prompt dissipation of that distress, the almost miraculous relief of symptoms due to the administration of nitro-glycerine or digitalis or other well chosen remedy, will not lightly assert a disbelief in the power of drugs to do good. On the other hand, whoever has seen the cyanosis, the depression of vital powers, the collapse, caused by the unwise use of antipyrin, acetanilid and the like in typhoid fever, in septic conditions, in acute rheumatism, will not fail to be thoroughly impressed with the power for harm of drugs unwisely chosen and injudiciously administered.

The first essential to a proper understanding of the time to give drugs and the time to withhold drugs, is a knowledge of the clinical



course of the disease—its progress and its regress—unmodified by treatment. With this must go a realization of the nature of the pathologic processes giving rise to the symptoms manifested by the patient and of the tissue changes and intoxications therewith associated. Understanding the nature of the dangers that are to be contended with ; understanding the capabilities and the limitations of the natural powers of recovery, the physician is then in a position to decide whether or not to use drugs. Having made the decision to administer medicine, he must bear clearly in mind the effect that he wishes to produce and choose the simplest means at his command for the production of that effect. It is always better to use a well known and well tried remedy than one which is of recent introduction and doubtful power. It is better to use one drug for several purposes than to use several drugs for one purpose, or than to use many drugs at one time, even if each be employed for a different purpose.

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## LITERARY.

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### A NEW TEXT-BOOK OF ANATOMY.

Written by ten of the foremost anatomists and surgeons of the English-speaking world, and edited by Henry Morris, F.R.C.P., surgeon to, and lecturer on surgery at, Middlesex Hospital, London ; examiner on anatomy in Royal College of Physicians and Royal College of Surgeons, etc.

It will contain 1280 pages and about eight hundred illustrations, 214 of which are printed in several colors, and all, with few exceptions, drawn and engraved expressly for this work. Many are original and made directly from actual dissections by the authors.

The work has been done by special artists, and no pains have been spared by the authors to make each cut clear and representative of the normal structures and relations.

Engraving of names across the illustrations has been avoided, and exact locations made clearer by leading lines to marginal names.

Many of the cross-sections and positions shown are entirely new, and the result of careful study to make the book as a whole represent the most modern methods of studying and teaching anatomy.

Printed from clear type on the best book paper. Royal 8vo. Cloth, \$7.50 ; sheep, \$8.50 ; half Russia, \$9.50. The following are sample pages and illustrations from the book. For list of authors, contents, etc., see last page. P. Blakiston, Son & Co., publishers ; 1012 Walnut street, Philadelphia.

THE GOSPEL OF BUDDHA, ACCORDING TO OLD RECORDS. Told by Paul Carus. With table of references and parallels, glossary, and complete index. Second edition, Chicago. The Open Court Publishing Company. 1895.

While much is said and written concerning the doctrines of that Prince Siddhârtha, who is known to the modern world as Buddha, and while many millions of men professedly follow his example and believe his teachings, it is probable that no great teacher of mankind is so little understood. Especially does this lack of understanding become manifest in English literature, and in the allusions that one encounters in conversation, or listens to from pulpits or lecture-platforms, concerning Buddha and his philosophy. Dr. Carus has made a sincere and intelligent effort to render the life and work of Buddha understandable, and has selected from the best attainable sources, making free use of the writings of scholars of authority, passages from the sacred books of the Buddhists, translated literally or freely, as would best make the meaning clear. It is a scholarly, and a useful publication.

NAPHEY'S MODERN THERAPEUTICS, issued in two handsome volumes, and edited by Allen J. Smith, M. D., and J. Aubrey Davis, M. D. Royal octavo. Bound in handsome cloth ; \$4.00 per volume, net. Each volume sold separately.

This work was formerly issued in four volumes, the two on medicine and surgery being especially popular. It has, however, been many years since they have been revised, so that the present edition is in many respects new, so great has been the advances made in the treatment of diseases and so large the increase in the number of new therapeutic agents.

On the following pages we give an outline of the contents of each volume. Special attention is given to new remedies, external measures and inhalations, as well as to all the general therapeutic measures, such as milk treatment in diabetes, climate in the treatment of phthisis, physical and mechanical measures in epilepsy, mineral waters in gout, cold baths in fever, infant feeding, etc.

By a careful arrangement, all the diseases which the physician is likely to meet are presented systematically and discussed separately, including those of women and children as well as strictly medical and surgical complaints. It has been the aim of the editors to set forth the treatment of able specialists in all these departments, so that the general practitioner may have at his command the therapeutic resources of those who devote their whole attention to limited fields of disease.

With this end in view numerous monographs, journals and special papers, both in this country and Europe, have been consulted and their most useful therapeutic suggestions extracted. No other work on the subject will be found so thoroughly and constantly useful to the practicing physician, because no other supplies so directly and with such ease of reference the information he desires. P. Blakiston, Son & Co., medical publishers; 1012 Walnut street, Philadelphia, Pa.

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# HALL'S JOURNAL OF HEALTH

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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## PROSTATIC HYPERTROPHY.

T. WILLIAM WHITE, M. D.

Cases of prostatic hypertrophy are of extreme frequency. Sir Henry Thompson found that one man of every three over 54 years of age examined after death showed some enlargement of the prostate; one in every seven had some degree of obstruction present; while one in fifteen had sufficient enlargement to demand some form of treatment. In this country to-day, as shown by the last census, there are more than three millions of men over fifty-four; these, according to Thompson's estimate, which genito-urinary specialists consider a conservative one, about two hundred thousand are sufferers from hypertrophy of this gland. This number seems very large, but the assertions of Thompson unquestionably express a general rule, and in fact every surgeon must have seen men in whom some prostatic overgrowth existed before the fifty-fourth year. The lives of such patients are threatened because, if the obstruction is not removed, the health is rapidly undermined by the retention of urine and the consequent fermentative changes, the deleterious influence of backward pressure on the kidneys, the frequent use of the catheter, and the loss of sleep incident to the incessant demands to void urine. Heretofore the surgeon has been unable to afford distinct relief from the distressing symptoms of an advanced case of this affection. If the patient's general condition would warrant the very considerable risk, some form of prostatectomy was performed. The suprapubic method was recommended for a time, but the difficulties encountered in its performance, the frequency of suprapubic fistula as a sequel, and the high mortality following the operation, have led to its almost total abandonment.



Perineal prostatectomy is also attended with considerable risk, on account of the free hemorrhage, which cannot be controlled during the operation, and the prolonged anesthesia which is necessary. In addition to this, the operation is a bungling one, in which the enlarged gland is removed by cutting, scraping, or gouging, while the instrument is out of sight, and much of the time it cannot be guided even by the finger. Combined suprapubic and perineal prostatectomy enables the operator to reach and enucleate the gland with greater freedom, but it is an operation of such gravity that it would be contraindicated in the very cases in which the demand for relief was most urgent.

Perineal prostatotomy is little more than a palliative measure, which does some good temporarily, by draining the bladder and inducing slight contraction of the middle lobe of the prostate in the healing process. All of these operations confine the patient to bed for several weeks, which is, in itself, objectionable, and in addition require the use of the bougie for a long time afterwards.

In view of these facts it is not strange that surgeons should have presented Dr. White's suggestion to patients suffering from the consequences of prostatic hypertrophy, nor is it unnatural that such patients accepted this chance for relief from a condition that in many cases was rapidly and surely impairing the health of a person otherwise vigorous and, apparently, without this trouble destined to enjoy many additional years of life.

With the testes already or soon to become functionless, and with the contemplation of a long period of intense suffering which will be relieved only by death, sentimental objections pale into insignificance, and the problem of securing relief without placing the life in danger is the only one entitled to consideration.

Cases of castration based upon Professor White's deductions soon began to be reported. Ramm, of Christiania, Norway, recorded two in September, 1893; Haynes, Los Angeles, Cal., and White, Philadelphia, each report three cases; Finney, Baltimore, reports two cases; Smith, St. Augustine, Fla., Powell, London, Mayer and Haenel, Dresden, Moullin, London, Thomas, Pittsburg, Ricketts, Cincinnati, Swain, Bristol, England, and Bereskin, Moscow, each record one case. Thus far, eighteen operations have been published. All have been more or less successful, and usually the relief from the distressing symptoms and the shrinking of the prostate have been marvellous. The least favorable cases have experienced infinitely greater relief

than has been obtained by any method heretofore employed. At least as many unpublished cases have been operated upon with equally favorable results. There have been no deaths from the operation; of course few would be expected in the hands of competent surgeons.

To those familiar with these cases, the rapid shrinking of the prostate and the simultaneous relief afforded the patient have been truly wonderful. The operation has therefore passed the experimental stage, and has legitimately established for itself a position among the most successful of operative procedures. Indeed, the results have been so uniformly favorable that castration may now be considered a specific for hypertrophy of the prostate.

It is necessary, however, to utter a word of caution here. Castration is not indicated in every case of prostatic enlargement of urinary obstruction. To secure uniformly successful results, one must be certain that the condition from which the patient is suffering is appropriate for the operation. Cases of prostatic abscess, prostatitis, tumors of the prostate and of the region of the neck of the bladder, and other forms of obstruction in the neighborhood of the prostate must be distinguished from true prostatic hypertrophy. Without careful discrimination, both the surgeon and the patient will be disappointed, and the operation will unnecessarily be brought into discredit.

As it stands to-day, however, in appropriate cases, it appears to mark an advance in the surgery of the prostate, which, when the gravity and the frequency of the condition of hypertrophy are recalled, together with the more or less ineffectual and always dangerous methods of treatment which have prevailed, must be a source of congratulation not only to Professor White, but to the profession at large, and to thousands of patients who, having outlived their sexual lives, and earned an old age of mental and physical repose and intellectual enjoyment, have had only a few short years of torment and misery to look forward to on account of this hitherto intractable disease.

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## A FALL AND TRAUMATIC FLAT FOOT.

GEO. G. ROSS, M. D.

The following case is of interest, because of the comparatively slight injuries which followed the tremendous forces brought to bear, and from the after effects of the injuries received.

The patient, John T., aged 26, by occupation an attender of electric lamps, had not been in good health for some days previous to his accident. He complained of dizziness, sick stomach and headache. On May 21st, 1894, while standing on the platform of an electric light pole, he received an electric shock, which caused him to lose his hold on the pole. He was not rendered unconscious by the shock, as he remembered falling, starting head first, and then striking his face against a small iron step which projects from the side of the pole. He struck the pavement feet first. The day being rainy, he wore thick soled rubber boots. The elasticity of the rubber must have taken up considerable force, and thus to an extent broken the fall.

He was removed to the German Hospital, but refused to remain, and was taken to his home. Six hours elapsed after the injury before an examination was made. At that time, the ankles and feet were greatly swollen. The left leg was swollen as far up as the knee; the popliteal spaces being intensely painful and full. The tibiae and fibulae were intact, as were both femurs. The os calci seemed to be unduly prominent, but there was no discoverable fracture. On the sole of the left foot there was a deep punctured wound about one inch in length.

Elevation and evaporating lotions reduced the swelling in a couple of days. An examination at this time demonstrated a sprained fracture of the external malleolus of the right foot. Mobility of the ankle joints and tarsal joints was unduly increased, due to rupture of the tibio and fibula-tarsal and intertarsal ligaments.

Plaster casts were put on both legs and feet, and changed at the end of one week, in order to allow for the further reduction of swelling.

For several days following the injury, the patient had bloody stools, and developed an acute cystitis, which responded promptly to treatment.

The injuries repaired themselves promptly, so that by July he was able to walk about with the aid of a cane, and by August to return to work.

At the time of writing this report, the patient is suffering from flat foot, due to the injury which he had received. The arch of the foot is decidedly flattened. Both os calci protrude posteriorly. He has the characteristic step of flat foot, which causes him great fatigue, although he can walk for an hour at a time. His shoes have been so

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made as to allow for the protruding heels, and an elastic insole adjusted to the shoe so as to force the arch of the foot upwards.

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## MISCELLANEOUS.

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### CORNS.

There are some little ailments which hardly come under the heading of health notes, but which need attention, however insignificant they may seem to those who are not troubled by them. Corns form one of these ailments. The following treatment has been found effective :—Mix together a little Indian meal and cold water till it is about the consistency of porridge. Bind it over the corn by wrapping a small piece of thin rag around the toe. Wear a loose fitting shoe, and in two or three hours take off the poultice. Cut or pick off as much of the corn as is soft, then put on a fresh poultice, and repeat it until the corn is entirely levelled. This remedy should be used on every return of the trouble. I was troubled for years with corns between my toes. This trouble may be relieved by wrapping around the toe affected a cloth dipped in turpentine, night and morning. Another corn which appeared on the sole of my right foot was cured by placing an inner sole of thin binders' board, or heavy cardboard, in the shoe, first cutting out a hole larger than the corn directly where the corn will rest. This relieves the pressure and hastens the cure of the corn. Soaking the feet often helps to soften the soles and the corns, and will make the cure more speedy.

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### KEEP THE MOUTH SHUT.

Great numbers of people go through life with their mouths open day and night. They take into the delicate organs of the mouth and the lungs the dust of the street, which is filled with the germs of disease, and they breathe into their lungs without the protection intended by nature the noxious elements in the atmosphere, and lay the seeds of pulmonary disease and of many other beginnings of imperfect health. A prominent throat specialist once remarked that he should have nothing to do if people could only be taught to keep their mouths shut. If you notice persons on the street you will find that a large

proportion of them keep their mouths habitually open, and that they breathe through the mouth instead of the nostrils, never having been taught that this is the special function and use of the nose. In many cases the nostrils have become so impaired by disuse that they are practically filled up so that it is impossible to breathe through them, and then it is only after a great deal of effort that they are made to resume their natural functions. The importance of breathing through the nose is very great in the case of public speakers and readers, who, if they take in air through the mouth, are usually afflicted with dryness of the throat, which speedily develops into some form of bronchial disease. This is the origin of the clergyman's sore throat.

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#### RESULTS OF WEARING SMALL BOOTS.

It is said that the wearing of small boots causes more serious injury than is generally known. In most of our hospitals it is a very common thing for ladies' maids, whose mistresses give them their worn clothes, to be admitted for the amputation of a toe, the removal of an ingrowing toe-nail, or for other serious troubles of the feet, which have arisen through their mistresses' shoes, their occupation necessitating that they should use their feet a great deal, so that the injury to them is far greater than to the young lady.

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#### APPLES AS A MEDICINE.

One of the advantages urged for the homœopathic school of medicine is that the medicine is so much more palatable form than that in vogue forty or fifty years ago. Science has gone still further and recommends fruit, particularly apples, as a remedy for many of the evils flesh is heir to. Little objection will be made, even by the juvenile portion of the family, to the recommendation made by physicians that apples in some form should be a part of two meals out of the three the year round.

"Chemically, the apple is composed of vegetable fibre, albumen, sugar, gum, chlorophyl, malic acid, gallic acid, lime and water. Furthermore, the German analysts say that the apple contains a larger percentage of phosphorous than any other fruit or vegetable. The phosphorous is admirably adapted for renewing the essential nervous matter—lecithin—of the brain and spinal cord. It is perhaps for this reason—though but rudely understood—that the old Scandinavian traditions represent the apple as the fruit of the gods, who, when they

felt themselves to be growing feeble and infirm, resorted to this fruit to renew their powers of mind and body."

Not only the phosphorus but the acids of the apple are of singular use for persons of sedentary habits, whose livers are apt to be too slow of action. These acids aid the liver in its work of eliminating from the body the noxious matters, which, if retained, would make the brain heavy and dull, or, in time, would cause rheumatism, jaundice, or skin eruptions, and other allied troubles. The malic acid of apples, either raw or cooked, will neutralize any excess of chalky matter engendered by eating too much meat.

Ripe apples are probably the least fermentable of all fruits, except possibly the banana. For this reason ripe and sound apples may be eaten by most persons in even the hottest weather; but even the apple is safest when cooked.

We have the support of eminent medical authority in saying that the most healthful way to cook apples is to pare and core them, and bake in a moderate oven. If the apple is of a sour variety it may be necessary to add a little sugar, putting about a saltspoonful in the hollow whence the core was extracted. The next best way to cook them is stewing. Contrary to common belief, apples baked in their skins are the least healthful of cooked apples. Another erroneous belief is that raw apples are best if eaten with their skins. We give on the authority of the distinguished professor of materia medica of the New York College of Medicine, that the skins of apples, whether raw or cooked, are very deleterious in their effects; there being in the skin an astringent quality which counteracts the effects of the beneficent acids of the fleshy part of the fruit. "Constipation," says the same authority, "is sure to be the result of eating apples with the skins. They were not made to be eaten, only to protect the fruit from the attacks of insects."

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### THE INVALID'S BED.

One of the most disagreeable features of a protracted illness is the more or less close confinement to which the patient is subjected. If he is compelled to keep his bed, his discomfort and impatience are of course greatly intensified.

Even in health a life spent in bed would soon become intolerable to the most arrant sluggard; and we can well pardon one whose

nerves have been made irritable by long confinement, for showing at times a dissatisfaction with everybody and everything around him. A little skill in the arrangement of the bed, however, will at least render the patient's condition endurable.

First of all, we must have a mattress which presents a firm, even surface; one stuffed with curled hair will exactly meet our wants. Feather beds are a constant nuisance to both the patient and nurse. The mattress should be turned and shaken at frequent intervals, in order that it may not become compacted at any point.

The sheets and linen should be soft and kept as spotless as possible. If the sick person is very restless, it is better to change them often, as the accumulation of wrinkles is extremely irritating. It is better to be over particular in this respect, since during a long confinement the skin becomes exquisitely sensitive, and predisposes the patient to bed-sores.

If there is any trouble from abscesses or hemorrhages, it will be well to place some protection between the mattress and the under sheets.

The coverings of the bed should be warm, but not so weighty as to be uncomfortable. The top spread should either be of spotless white or of some fancy figure which may be changed at intervals, and so give relief by pleasing the eye.

It is not necessary to urge the propriety of taking the whole bed to pieces every morning, and thoroughly exposing the mattress and each piece of bed-clothing separately to the action of fresh air.

There are many other things which will suggest themselves, if only we are sufficiently impressed with the importance of making as comfortable as possible those who are condemned to spend a greater part of their days in bed.

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### WILL-POWER AND DISEASE.

There is a great deal to be said in favor of what is best described as the mental science cure for many of the minor ills of life. It is possible to throw off weakness, inertness, and languor, and infuse new life and spirit into the failing system by mere effort of will. True, it is hard at first, but with every trial it comes easier, until one may almost feel that the mind has gained a supremacy over the body. It is certain that the mind can, to a great extent, control the body and drive away

much that saps vitality and undermines the strength. To keep ever before the mind the idea that will-power is one of the strongest forces in nature, and steadfastly refuse to yield to weakness, is to have gained something that once possessed of, no one will ever be willing to lose.

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### VENTILATION FOR CLOSETS.

A point of almost universal neglect in the building of our houses is the ventilation of closets. Every clothes closet should contain a window for the protection of clothing, from mold, mildew, moths and disease germs, and if for no other reason, as a provision against that unpleasant and unwholesome smell unavoidably connected with the average close and unventilated closet. The same rule applies equally to storerooms, pantries and cellars for the preservation of fruits, vegetables and other kinds of food.

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### THE TEETH AND THE THROAT.

The teeth should be brushed and the tongue thoroughly cleansed at bedtime. This stimulates healthy circulation in the throat, and prevents the hearing being blunted by an accumulation of mucus in the passages of the ear.

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### SELF-CONTROL AND HEALTH.

If medical men could diagnose the mind as easily as the body, they would sometimes find cankers which at once defy every principle of medicine and surgery, and which send poison into the blood against which no known antidote can prevail. Hence the importance of self-government as a factor in the preservation of health and the extension of life. A self-possessed, well regulated, contented mind, true to itself, independent of the changing opinions, fashions, and vanities of a hollow world, goes far to fortify the body against disease, just as a mind of an opposite character tends to undermine physical health and predispose bodily organs to the inroads of disease of every kind. If there is one example of self-control in the broadest sense more worthy than another of imitation, in ancient or modern times, it is the earnest Stoic, Marcus Aurelius, who records his indebtedness to one of his valued teachers, thus : " I learned from Maximus to com-



mand myself and not to be too much drawn towards anything ; to be full of spirits under sickness and misfortune ; to appear with modesty, obligingness, and dignity of behavior ; to turn off business smoothly as it arises, without drudging and complaint. Not to be angry or suspicious, but ever ready to do good and to forgive, and speak the truth ; and all this as one who seemed rather of himself to be straight and right than ever to have been rectified."

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### TREATMENT FOR TOOTHACHE.

Speaking of toothache which has its origin in a disordered stomach, Dr. Richardson says that the primary cause of the ache is due to dyspepsia, induced by feasting on rich and saccharine foods and drinks, at times when the body is not allowed a free amount of exercise, or when it is confined too closely indoors. The treatment, therefore, must be general as well as local. The local and immediate treatment consists in applying carbonate of soda freely to the aching tooth, keeping the soda for some time in good contact, and then, after drying the cavity thoroughly, inserting into it, so as to reach the nerve, a concentrated solution of carbolic acid. This allays the local suffering temporarily, but it requires to be coupled with the general measures—a few doses of bicarbonate of potass, a brisk of mercurial purge, a warm Turkish bath, and vigorous outdoor exercise.

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### REST AFTER MEALS.

Rest after and before your meals is an excellent piece of advice. "After dinner sit awhile," is an old saying with much truth in it. The reason why rest after meals is a necessity for health is found in the plain fact that digestion is a work which demands a considerable share of the body's power. If we work while digestion is just beginning, we are really "burning the candle at both ends." To eat when we are thoroughly fagged out is just as unwise. Therefore, a little rest before meals is also an excellent health measures.

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### CARE OF THE EYES.

There are many physicians who never think of attributing to the eyes many of the ailments with which their patients are afflicted. It is declared by eye specialists to be a demonstrative fact that many

so-called nervous diseases are caused entirely by defective vision in some of its forms.

The extremely complicated and sensitive structures of the eye, once it becomes disordered, is a source of the most acute pain, and produces more ills than the average mind will believe. The most excruciating headaches, nausea, giddiness, and a generally dull, dazed sensation, increased after being out either for shopping, calling, or at any place of amusement.

Worn out and discouraged, the sufferer calls in a doctor, who talks about nerves and lack of assimilation, and half a dozen other things as wide of the mark as possible, leave medicines or a prescription, pockets his fee and goes his way.

The patient is no better; then there is talk about some obscure malady and the possibility of an "operation," that fat plum for the average medical man. And may be there is a fatal termination to a long course of treatment, based on a faulty or absolutely mistaken diagnosis.

Whenever these symptoms occur go to a first-class oculist. Take no guesswork, and refuse any but the best counsel. It will pay to have the eyes carefully examined and to get a prescription for glasses.

Hundreds of persons are being treated for nervous troubles when they have nothing in the world the matter with them save strained eyes. Nerve medicines are of no use whatever as long as the cause exists.

First set the eyes right. Then take medicines if they seem to be indicated. It is often the case that certain diseases affect the eyes. Then constitutional treatment is necessary. This the oculist will advise if it is best.

It is well worth while, after failing to find relief from medicines prescribed for nerve troubles and general debility, to consult a good oculist. It is safe to say that in the majority of cases his advice will go far towards setting things right, and may be the means of avoiding much suffering.

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#### RELATIVE VALUES OF MEATS.

All who have engaged in physical labor should have an abundance of highly nitrogenous foods, and can vary diet by combinations

of all healthful dishes that are obtainable. Underdone beef and well cooked mutton are the meats they need. Pork should be eaten only by those who have constitutions of iron, who work hard in the open air, and never know what an ache nor a pain is. There is not a disease that human flesh is heir to which pork may not cause, nor a pain it may not produce. A well known New York physician, referring to pork, has said: "It is the parent of dyspepsia, neuralgia, headache, sleeplessness, biliousness, constipation, hypochondria, and every other physical ill." If it must be eaten be sure that it is thoroughly cooked. The red and dark meats are more stimulating and more readily assimilated than white meats, owing to a property called osmazome contained in the fibrine. It is that principle which gives to meat soups their aroma and taste, and the darker the meat the more osmazome is present. It is almost absent from veal and all young meats, and from the white flesh of poultry.

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### BABY'S HEALTH.

Never feed a baby simply to keep it quiet. Four hours between meals is a good rule for babies. The frequent feeding of infants is often the cause of their stomach derangements. If the baby vomits don't put anything except water into his stomach for four hours. Weigh the baby once a week. If he does not show an increase in weight each week something is wrong. Baby's morning bath is both a luxury and a necessity. It should be given quickly when the stomach is empty. Teach the baby to be regular to his meals, and you will confer a lasting blessing upon him as well as yourself. During the hot weather take the baby out. Pure open air is more necessary to babies than to adults. During the hot weather do not neglect to offer the baby, several times a day, cold water to drink. Remember that it gets thirsty as well as yourself. In proportion to its size it needs more water than you do.

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### DOUBLE AND SINGLE BEDS.

Fashion has given its sanction to the use of the single bed; and large numbers of so-called "twin bedsteads" are now in the market, many of them made of costly woods rich with carving. They are so

designed that, when placed side by side, the effect is that of one wide bedstead, whereas a separate spring mattress and bed-clothing are provided for each one. The double bed is generally pronounced unhygienic, and medical journals have been condemning it for some time past, one writer claiming that injury to one or the other of two people sleeping in this way is sure to result in time. Particularly is this true with regard to the young and the aged.

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### HOT WATER.

People who do not believe in the medicinal value of hot water are rather inclined to laugh at those who do, and who act upon their belief ; but in this instance, as in many others, the sceptics are in the wrong. The human body is constantly undergoing tissue change. Worn-out particles are cast aside from the system, while the new are ever being formed. Water has the power of increasing these tissue changes, which multiply the waste products ; but at the same time they are renewed by its agency, giving rise to increased appetite, which in turn provides fresh nutriment. Persons but little accustomed to drink water are liable to have the waste products formed faster than they are removed. Any obstruction to the free working of natural laws at once produces disease, which, if once firmly seated, requires both time and money to cure. Many of those who rise in the morning weak and languid will find relief if they drink a full tumbler of water before retiring. Inflated parts will subside under the continued poulticing of hot water. A riotous stomach will nearly always receive it gratefully.

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### SPECKS BEFORE THE EYES.

Sometimes when one rises suddenly from his seat, flying specks and spots are seen before the eyes. The scientific name for them is *muscæ volitantes*. Their nature is not quite understood. It has been surmised that they are opaque points in the vitreous humor, which throw shadows upon the retina and thus become visible. Badly focused eyes are most likely to be troubled with *muscæ volitantes*. They signify nothing serious so long as they are mere points, connected by fine lines, and do not interfere with the acuteness of vision. Treatment is useless. If the eyes are out of focus, proper glasses should be selected. It is important that the patient should ignore their presence entirely ; should avoid seeing them as much as possible, and let them alone.

### PAIN AND REST.

Pain, strange as it may seem, is really a protective and beneficial sensation. In the case of a broken limb extreme pain is caused by motion in that limb. Therefore, the sufferer, whether man or animal, tries to keep the limb at rest, which is the very condition requisite for its healing. Surgeons, indeed, have taken hints from nature, in this regard, and in cases of tuberculosis affecting joints find that the best results are obtained by rendering the joint motionless by means of splints, though the affection itself is often not very painful. Pain from indigestion is relieved by temporarily lightening the diet, and giving the digestive organs less work to do. Even headache usually indicates a call for rest. Pain due to an overtaxing of the nerve centre, that is, the brain, is usually the most difficult to combat, since here the cause is often obscure. Neuralgia—nerve pain—affects first one part of the body, then another. Nature's restorer, sleep, is courted with difficulty, and life's ordinary duties become burdens almost too heavy to be borne. In this condition Nature's call for rest is best heeded by a complete change of surroundings. If the call is disregarded, serious consequences are likely to ensue. A holiday offers one of the best chances of recuperation. In fact, a regular indulgence in such forms of recreation is the best means of preventing this very condition, and should be looked upon not as the indulgence of a weakness, but as the performance of a duty.

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### CRAMP.

There is nothing easier than to overcome the spasms. Provide a good strong cord—a long garter will do if nothing else is handy. When the cramp comes on, take the cord, wind it round the leg over the place in which the pain is felt, and take an end in each hand and give it a sharp pull, one that will hurt a little. The cramp will cease instantly, and the sufferer can go to bed assured that it will not come again that night.

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### HOUSE AND HOME.

CONDUCTED BY LILLIAN WHITE.

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### THE HOUSE.

WORK-BOX.—Select a pasteboard box, not too large, tear it apart, and cut from light weight cardboard pieces for the inner box, which,

when neatly covered with pretty silk, and sewn together, must fit tightly within the heavier box, which is covered with leather cut to fit, and neatly bound and stitched with binding ribbon to match. Baste the leather pieces to the pasteboard around the edges, so as not to mark the leather, simply to hold the cardboard in place until the box put together, before joining the boxes. On one side of the inner box fasten ribbon, or a strip of silk lined with paper to give it body, fasten at intervals for needles in paper. At one end is a pocket of the silk ; pinked flannel can be on the other end ; a square cushion fasten in the corner, a piece of white wax tied with ribbon in another corner, and a thimble case in a third. The inner lid has scissor straps securely fastened on after the cardboard is smoothly covered with silk ; it is then neatly overcast to the heavy cardboard which has the bound leather piece basted securely. Fasten the lid to the box with hinges made of silk, button-holed, and concealed with small bows of narrow, satin ribbon. Before the boxes are joined, insert a shoe button in the front piece and fasten securely ; to the front of the lid a loop of silk is fastened and a small bow sewed. This loop over the button fastens the box when closed.

**THE BEDSTEAD ENAMEL.**—Every well regulated woman takes a pride in keeping the polish or enamel intact on a handsome bedstead. For this purpose a preparation of quicksilver and the white of an egg, which, after beating together thoroughly, may be applied with a fine brush to all the crevices, is recommended. It is needless to say that the article should be thoroughly washed first with soap and cold water before applying the mixture.

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### THE DRESS.

**HOW NOT TO DRESS.**—Don't clothe yourself in man's apparel and expect the courtesy due to a lady. Don't wear feathers in your hat and patches on your boots. Don't wear a sailor hat and a blouse after your fortieth birthday. Don't put all your allowance outside. A ragged petticoat kills the smartest gown. Don't put cost before cut. Corded silk won't cover a clumsy fit. Don't let a dress-maker dress you. Dress yourself. She may give you smartness, but individuality—never. Don't forget that dress was made for woman, not woman for dress. Don't sacrifice fitness to fashion. Don't neglect quality for the sake of quantity. Don't imagine beauty will atone for untidiness. Don't spoil the gown for a

yard of stuff. Don't dress to startle people's eyes, but to satisfy them. Don't imagine that a blouse or shirt, coat and sailor hat, are suitable for every age and figure, on every occasion. Don't wear a "white" petticoat unless it is white. Don't dress more fashionably than becomingly. Don't forget that long credit often brings discredit. Don't buy cheap imitations if you can afford the genuine article. Don't expect great bargains to turn out great saves. Don't hold up silks and display rags. Don't jump into your clothes and expect to look dressed. Don't wear big sleeves and big hats if you are short. Don't wear striped material if you are tall.

**SLEEVES.**—All the newest sleeves of the season are made full on the upper part and tight below. On the top of the shoulder they have four or five rows of gauging, which is easily arranged. Lay the material flat on the table, and tack across the upper part of the sleeves four or five straight lines, which must be drawn up and stitched firmly to the lining. The gauging is extremely pretty; moreover, it has the effect of flattening the shoulders and giving width.

### THE KITCHEN.

**POTATOES FOR SALAD.**—In warming over potatoes or in using them in a salad there is an objection to a very mealy potato. German potatoes are sold in large cities for these purposes. They are small, and, like a new potato, will not crumble if cut into cubes or in slices. If these potatoes cannot be obtained use mealy potatoes, but have them underboiled.

**STEAMED BERRY PUDDING.**—One cup sugar, two cups flour, one cup milk, two teaspoons baking powder, two cups berries. Steam two hours. Sauce—Beat together four tablespoonfuls sugar and four ounces butter, boil in one pint of water, and thicken with two spoonfuls of corn starch mixed with cream. Flavor with nutmeg.

**IN PLACE OF LARD AND BUTTER.**—Beef drippings may be used in place of lard and butter in making many of the table delicacies. It should first be clarified by pouring boiling water over it, and stirring it so that the impurities will be washed out and settle to the bottom. Let it cool, and the clear drippings will rise at the top and be ready for use.

**NO MOIST CAKES OR PIES.**—Hot cakes, pies, etc., need not be removed from the pans in which they are baked if precaution is taken to

set them up on small supports, so that the air can circulate under them. This effectually prevents the moisture from steam in the bottom of the pan.

**BROWNED POTATOES.**—Just before new potatoes are in the market it is sometimes difficult to know how to cook the old ones to make them appetizing. The following is a good recipe : Chop three cold boiled potatoes rather fine, add to them one teaspoonful salt, a dash of pepper. Put one tablespoonful butter in a shallow frying-pan ; when hot, put in sufficient potato to cover the bottom of the pan to the depth of one inch. Take a limber knife and press them down smooth. Let cook slowly for five minutes, or until they are a little brown. Do not stir or disturb them. Now begin at one side of the pan to fold over like an omelet, and when you get it in a roll at one side, stand the pan back on the fire for a moment, and then turn upside down on a heated dish. Remember, you have nothing to hold the roll in shape, so pack, as it were, the potatoes together. This requires care and several trials.

**RICE PUDDING.**—There are many excellent rice puddings, and it is surprising how few people enjoy them. Try this one : Wash two tablespoonfuls of rice in three waters, and add it to a quart of milk with two tablespoonfuls of sugar, one-half cup of raisins and a grating of nutmeg. Stir until the sugar is dissolved. Put the dish into the oven, cook slowly for an hour and a half or two hours. The heat of the oven has very much to do with the consistency of the pudding.

**STRING BEAN SALAD.**—A salad of string beans is one of the most delicious of salads. Cook a quart of beans, do not break them in pieces, but leave them whole. When they are cooked throw them into ice-cold water, and when cold drain them and remove them to a bowl. Make a nice French salad dressing with three tablespoonfuls of oil, a saltspoonful of salt, half a saltspoonful of pepper, and two tablespoonfuls of wine vinegar. Mix the oil, salt and pepper, add them to the beans, pour the vinegar over them, and toss them as gently as you can to avoid breaking the beans and serve.

**QUAIL A LA MINUTE.**—Put one ounce of butter in a stewpan, over which lay three quail, breast downward ; add a very little chopped onion, parsley, salt and pepper. Set it over a brisk fire for seven to ten minutes, stirring now and then, add half the juice of a lemon,



half a glass of sherry and a large teaspoonful of grated bread. Let the whole simmer a few minutes. Put the birds on a hot dish, give the gravy a warm up, pour over and serve. Any birds are good done this way.

**PLUM PUDDING.**—Soak two cups of stale bread crumbs in one quart of milk for one hour. Beat four eggs light without separating, add one-fourth of a cup of sugar, and mix with the crumbs and milk. Season with one-fourth of a teaspoonful of salt, a grating of nutmeg and one-fourth of a teaspoonful of cinnamon. Add one tablespoonful of butter melted and one cup of raisins which have previously been simmered for half an hour in hot water. This is done that they may be sufficiently plump and soft. Mix well, turn into a greased pudding dish and bake one hour in a moderate oven.

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## EDITOR'S OUTLOOK.

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### TRADE OR PROFESSION?

A question that presses for answer is as to the present day status of medicine. The old query "Is medicine a science or an art?" has lost its interest through the better definition of the distinction between science and art on the one hand, and the clearer recognition of many medical sciences as the basis of the medical art, on the other hand. But in the place of this old query has arisen one that, only a generation ago, would have been deemed an absurdity: "Is medicine a trade or a profession?"

By many, perhaps, the question is not consciously formulated. Yet it is in the atmosphere. It is read between the lines in a large proportion of the articles published in medical journals; not those alone on professedly ethical topics, but in many apparently concerned only with questions of medical art or science.

Why there should be a different standard of conduct for men engaged in different occupations; why the ethics or morality of trade should confessedly be lower than that of the learned professions, it is not our purpose to inquire. Certain it is that men will seek "in the street," or "on 'change," to take advantage of one another in a way that would not be tolerated in other relations of life; and that they should do so is considered the natural and normal state of affairs.

To sell a stock for a high price, knowing that it is about to fall—"unloading," as it is technically termed—is not looked upon by brokers as immoral, but as the proper thing to do. To buy land at a low price, knowing it to contain valuable mineral deposits unsuspected by the seller, is likewise regarded but as the legitimate exercise of business shrewdness. Yet these and similar practices must be unhesitatingly condemned by the moralist, whether he base his judgment upon the data of evolutionary science or upon the "golden rule" of religion.

The universally recognized rule of business is that one must seek to turn everything, his superior information included, to direct personal monetary benefit; and whoever wishes to succeed in business is compelled to conform, in greater or less degree, to the rule. In other words competition is the ruling element in commercial life; and competition involves struggle to push one's self forward at the expense of another. To import this state of affairs into medicine would be to hinder the progress of science and to degrade the moral status of the physician.

But it may be asked, is there not competition in medicine also? Yes; but its object should be different from that of competition in trade. Away from his warehouse or counting room, the merchant may be, often is, liberal, public-spirited, self-sacrificing. His personal life is something apart from his business. Nevertheless the end and aim of mercantile life as such is the getting of money. The physician's professional work, however, is the largest part of his life and thought, and the getting of money should be but an incident therein, even in the present imperfect stage of social development.

The physician is compelled to charge and collect fees in order to meet his expenses, but his sole consideration, in regard to a case of sickness, ought not for that reason to be the fee. There is the human aspect, in the contemplation of suffering and in the exercise of power to prevent and relieve suffering; and there is the scientific aspect, in the contemplation of a problem in pathology or therapeutics, and in the exercise of power in the endeavor to solve the problem or to gather data towards its solution. Let the commercial aspect, the fee question become paramount, and humanity and science must both suffer. Hence it is that we look with so much concern upon actions or utterances tending to show that the commercial aspect of the practice of medicine is becoming prominent in the minds of many.

## LITERARY.

**EQUILIBRATION OF HUMAN APTITUDES.**—Published by the National Watchman Co., Washington, D. C.; Executive Officers, United States Senators, J. H. Kyle, Wm. M. Stewart, J. P. Jones, with W. A. Pepper, Treasurer; Representatives, Jerry Simpson, Lafayette Pence, John C. Bell, T. J. Hudson, W. A. Harris, H. E. Boen, John Davis, William Baker. 333 pages strongly and neatly bound in cloth; good paper, elaborate table of contents, and an analytical index. Sent postage paid on receipt of price, \$1.25. National Watchman Company, Washington, D. C.

The book is carefully outlined, and is divided into eight chapters, which are claimed to embrace all the arguments of the great social problem. No one who reads it will deny that the author has treated the subject with a ponderous hand.

Society, the author holds, is a mechanism, which originally grew out of vague competitive conditions when little true reason existed. This reason, even now, is only in its abstract stage. Man is now struggling to get into the pure concrete, final stage of reason, which Mr. Ward declares is political, supplanting individual management of our powers and gifts by a mutual control of our labor product. Agitation, study and careful use of the organized ballot for pure economy are the means.

"The book possesses greater power than any that have perhaps hitherto appeared, and the extraordinary acumen seen in its lines of argument is astonishing."—*Kansas City Times*.

**BARTLEY'S MEDICAL AND PHARMACEUTICAL CHEMISTRY.**—By Elias H. Bartley, B. S., M. D., 12 mo. 684 pages. Cloth, \$3.00. Leather, \$3.50. P. Blakiston, Son & Co., publishers and booksellers, 1012 Walnut Street, Philadelphia.

This edition of Prof. Bartley's well known text book has been revised, and to some extent rearranged to meet an expressed demand for a practical, concise hand-book for the use of medical and pharmaceutical men. In making the revision the author has not relied only upon his own experience, but has taken into consideration numerous letters and criticisms made by prominent teachers and reviewers. He has also made a special effort to make his book agree with the New U. S. Pharmacopœia (Seventh Revision), so that it will correspond with the statements in the editions of books on *Materia Medica*, *Therapeutics*, and *Pharmacy*, the new *Dispensatories*, etc.

Mr. Gladstone has just written an article on "The Lord's Day," wherein he considers, with the fervor of conviction and the breadth of learning for which he is famous, the grounds for keeping as the Christian Sabbath the first instead of the seventh day of the week, and the proper measure and spirit of Christian Sabbath observance. The article will appear in *McCLURE'S MAGAZINE* for March, along with a series of portraits of Gladstone, covering a period of eighty years, and showing him at every important epoch of his life.

**ASEPTIC SURGICAL TECHNIQUE: WITH SPECIAL REFERENCE TO GYNECOLOGICAL OPERATIONS,** together with notes on the technique employed in certain supplementary procedures.—**BY HUNTER ROBB, M. D.,** Associate in Gynecology, Johns Hopkins University; Professor of Gynecology, Western Reserve University, Cleveland, Ohio. Illustrated by 25 plates and 47 wood-cuts. 8\* pp. 264. Philadelphia, J. B. Lippincott Co., 1894.

This book presents both more and less than its principal title would lead one to anticipate. Less, in that its field is very largely limited to gynecological technique; more, because chapters are included upon such subjects as "Anesthesia as an Aid to Diagnosis," and "Catheterization of the Ureters," besides much miscellaneous information in that branch of surgery. However, to what the volume does contain must be accorded unstinted praise.

While written mainly from the gynecological standpoint, yet this book will be found profitable reading by any one having occasion to make wounds. The chapters on bacteriology, sterilization, materials and their preparation, organization of operations, etc., will be found suggestive and instructive, presenting an admirable technique not too cumbersome for practical requirements. For resident surgeons and others having charge of operating rooms and the care of patients before and after operations, the volume will afford a capital hand-book. Portraying, as it does, the complete gynecological and much of the general surgical technique as evolved by these celebrated departments of the Johns Hopkins Hospital, the book will be eagerly read by all interested in those branches of the art.

Typographically and mechanically the work is satisfactory, with the exception that the simple pasting in of the plates makes them liable to tear out very readily.

## GENERAL NOTES.

Every professional and business man has felt the need of some kind of a receptacle, in which could be placed and constantly within reach, reference books, such as he uses daily. Just such an article has at last been invented, and is shown and described in another column in this JOURNAL. We refer to the Marsh Reading Stand and Revolving Case, now used in upward of 50,000 offices and libraries. Instead of having books scattered around and not found when wanted, or having to go to your library every time one is needed, this revolving book case places within the reach of your desk all the volumes you may constantly use. It has shelf room for twenty volumes, size of Chambers' Encyclopedia, and a top on which a large dictionary, Bible, or any other heavy book can be placed and adjusted to any angle or height desired. Withal, it is a handsome piece of furniture, and is sent to any one ordering, at a low price, and can be paid for after they see and are satisfied with it.

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SUGGESTIONS FOR THE USE OF PIL ORIENTALIS  
(THOMPSON).

## FOR IMPOTENCY OR PHYSICAL DECADENCE.

The physicians should carefully examine their patients for traces of varicocele and other constitutional defects, which are very prevalent, and will require additional treatment and often surgical interference. One pill three or four times a day for one week, and increase to two pills three or four times a day for the remainder of the month, after which two, or even one pill a day, will meet the majority of cases. A nourishing and easily digested diet should be recommended. Burnham's Clam Bouillon will prove a valuable adjunct. Cold baths and out-door exercise should be insisted upon.

## AMBROSIA ORIENTALIS.

Numerous communications have been received from medical practitioners in the United States, Canada and Europe, who have tested the merits of this extract, and many valuable suggestions have been offered, which will be acted upon next year, when a further supply of the extract will be received in this country.

One eminent gynecologist writes :

"The extract will prove itself a valuable addition to our *materia medica* for many female diseases, and that the Oriental Pill is very reliable, and will, no doubt, take the place of *Damiana*, which has

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APRIL, 1898.

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# HALL'S JOURNAL of HEALTH

ESTABLISHED 1854

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# HALL'S JOURNAL OF HEALTH

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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## ORIGINAL.

### THE POSITIVE VALUE OF FOOT-BALL.

BY JAMES FOSTER, M. D.

The attack upon foot-ball both in the general press and in the medical journals has been mainly on account of its dangers. The numerous injuries received by the players, it is claimed, destroy its title to be considered a proper sport among civilized people ; and the statistics of the subject as marshaled by the London *Lancet*, and the Philadelphia *Medical News*, have seemed to support this contention.

The defenders of the game, while endeavoring to minimize its dangers, have relied principally on claiming great and peculiar value for it as a mode of physical exercise and development. The testimony of its players as to its effect upon themselves, both in regard to physical health and the development of mental and moral energy, has been positive and strongly in its favor. With regard to the latter feature, the cultivation of habits of obedience, concentration, alertness, courage, and the ability to liberate instantly enormous amounts of nerve energy, is certainly a very important work and probably the testimony of the players is the most definite and reliable evidence bearing upon this that can be obtained. Even though the game be lacking in other respects and cost heavily in the way of danger of physical injury, if it really does cultivate these qualities, it may be regarded as of high value and should be cultivated and approved rather than repressed.

With regard to its physical influence, however, while there has up to the present time been almost a complete lack of statistics of any value upon the subject, it is not unreasonable to demand that the supporters of foot-ball should furnish them. The best attempt to do so has been



made by Dr. Beyer, Surgeon of the United States Navy, *American Journal of Medical Science* who had the opportunity of studying the teams of the United States Naval Academy and of several of the colleges and universities visiting that institution for match games.

The subjects of investigation were young men averaging twenty years and eight months of age, sixty-nine and eight-tenths inches in height and one hundred and sixty-seven pounds in weight. His study included careful measurements of these points and of lung capacity and total strength early in the season, and again in such players as were fit for the measurement at the close of the season. He points out bruised joints and similar injuries, even though slight, quite unfit the subject for tests of total strength.

He finds that in the seventeen players examined in the fall of 1892, there was no increase in height, no increase in lung capacity, an average increase of four and nine-tenths per cent in weight, and an average increase of sixteen and four-tenths per cent. in total strength. In the twenty-five players examined in the fall of 1893, there was no increase in height, an average increase of four and seven-tenths per cent. in weight, an average increase of three and nine-tenths per cent. in lung capacity, and an average increase of fourteen and two-tenths per cent. in total strength, so that the so-called vital index (the lung capacity divided by the weight) was diminished instead of increased.

Comparing these statistics with similar statistics obtained in the case of oarsmen, he found that the increase of weight was practically the same. The increase of lung capacity and strength being about half to the foot-ball players what it was for the oarsmen. This conclusion is that while foot-ball cannot be considered the best game in the world, it must be admitted that it has positive value; but that natural selection is a stronger factor than the training of the game, in the production of our finely developed foot-ball devotees.

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#### DANGEROUS NEWSPAPER RECEIPTS.

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WILLIAM WATSON HALL, M. D.

No man who values his own health and life, and those of his family, should pay attention to any newspaper recipe of a medicinal character. The door should be shut against all family newspa-

pers which habitually insert such things, because, mainly, there are various medicines which do a striking good when taken once or twice, but which cause poisonous effects if taken four or five times or days in succession.

A dose of calomel, for example, will in many instances when judiciously and appropriately given, cause prompt and permanent changes in the system of the most gratifying character, but very often, if a dose is taken three or four days in succession, even if "worked off," salivations of the most dreadful character are the result. Then, there are other medicines which produce apparently good results, but when they are discontinued, the person inevitably dies. Arsenic is reported to be of this character, that if carriage horses are allowed a small portion daily, they soon become fat, the hair becomes sleek and shiny and they foam at the mouth profusely when put in harness; the same authority asserts, that in Austria and Hungary the young use it to give color to the cheek and fulness of flesh, thus making them more attractive to the opposite sex, but if discontinued, especially if suddenly, they soon begin to pine away and die. We have a very familiar and most unfortunately, a very frequent illustration of this fact in the use of brandy or porter, and other liquors; they at first exhilarate both body and mind and seem to place the drinker in excellent health, but when the habit has been long established, it is almost death to abandon it, the want of it is at times so resistless, that a recent convict after exhausting all his ingenuity to get a drink of this accustomed "beverage," seized an axe in the penitentiary, and in an instant cut off his hand as if by accident, called at once for a bowl of brandy, as if to staunch the blood; the keepers were thrown off their guard, in a moment he thrust in the bleeding stump, the next, the blood and brandy had passed down his throat.

Let the reader then keep in view the apparently good effects of some remedies for the present, with their subsequently destructive agencies, and make a practical use of it ever hereafter, in reading newspaper receipts. Here is a newspaper recommendation. Columbo water, as a safe stimulant for languid appetite. Take four drachms of the bruised columbo root, one drachm of bitter orange peel and two drachms of fresh licorice root; add a quart of soft water, and simmer as gently as possible over a slow fire until half the bulk of the water is evaporated; then strain the liquor, filter it, add one-sixth of good pale brandy, bottle it, and take an hour before dinner, of

this mixture, a third of a wine glass, filling up the glass with cold water.

This sort of medicated water would surely drench the stomach.

Another one. To save labor in washing, by putting a tablespoonful or two of spirit of turpentine in the water, and thus with the aid of villainous camphene for lamps, being essentially turpentine itself, we are likely to be poisoned, blown up, burnt up, and teetotally killed, master, mistress, children, servants, dogs, cats, and all. Surely we are getting to a pretty pass; presently we will not be able to turn round without taking a dose of physic; and as if to make certainty more sure, lest the cook should fail to put the soda or saleratus or cream of tartar, it is put in by the manufacturer ready to hand in the shape of Patent Flour. People seem to think that because an article is familiar to them from every day use, there can be no great harm in it, and forthwith baptize it as simple.

Well, look at the effect of one of the most familiar of these *simples*, Essence of Peppermint. A little of it in candy for our children on holidays may not be injurious, nor will a little peppermint tea, or a drop or two now and then in a little water for babies. On some occasions it may be allowable.

But a case is alluded to recently in the state of Massachusetts where a man who had been a moderate drinker of spirituous liquors, and finding his supplies cut off, resorted to peppermint water, which in a short time killed him. And soda is another simple, made as it is out of the ashes of sea weed, as saleratus is made of the ashes of wood, so simple that our wives drink it down every day and look upon it with admiration, as a prompt antidote for sour stomach, that is, an over hearty dinner, and finding it so prompt and efficient and having a strong appetite for the very next meal, they over-eat again, and again resort to the soda bottle; but in a few days the dose must be increased or it does no good, and before one is aware of it, there is a necessity for its being taken as regularly as the daily meals; next there must be a steady increase in amount or the most intense suffering is the result. Not long ago, as appears from the report of a coroner's inquest in London, a gentleman was standing at the door of his daughter, whom he had called to see a moment, and while talking to her dropped down dead. On examining the body after death, it was found to be the result of an impacted mass of solid soda, which had accumulated in the tract of the bowels, he having

resorted to it daily to remove flatulence and "sour-stomach." Turpentine is another simple, just as simple as the people are who persist in its use for burning in their lamps, notwithstanding a day scarcely passes in which is not chronicled the death of some careless servant, or child or parent, the terrible death of burning.

A person may well wash out some clothing a single time without much trouble, any bodily injury, but suppose it is repeated every week or oftener, we cannot otherwise than expect to witness the legitimate results of its over application, such as violent inflammation of the skin, with extensive eruptions from all parts of the body.

If applied largely to the breast of a horse, it will produce death in a few hours; and yet some thoughtless editor has believed himself to do a public service by recommending to washerwomen as a labor-saving agent the common use of spirit of turpentine.

The best corn bread in the world is made by the negroes in the west and southwest with the meal, a little salt, a lump of hog's lard or butter, and as much water or milk as will give it a proper consistence, and put in immediately to bake without any other ingredient whatever. As for washing clothes, a good soak over night in soft or rain water, common soap, and a pair of willing hands, these are all that is necessary to make the cleanest linen in the world and the sweetest; for Beau Brummel declared he knew no perfume equal to that of a well-washed garment.

Therefore, reader, abnegate, abominate and exterminate all newspaper receipts whatsoever.

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## **EDITORIAL PARAGRAPHS.**

---

### **HOW TO GET SICK.**

R. H. M. writes, "I slept in a room one night which had been washed out during the day, and was not quite dry. I woke in the morning with a sore throat, which has continued ever since." The result is, he has had to abandon his studies at school and place himself under treatment after having lost two years' time.

H. M. writes, "I went to sleep in a warm day, on the top of an ice box, and have never been well since." He shortly died with consumption.

T. H. took a very severe cold, conversation was laborious, but he had an appointment to preach, and felt as if he must fulfill it. He

made the attempt, but utterance was attended with a pricking pain in the throat and then a dull hurting came on in the throat, with subsequent "hemming" and fruitless "clearing." He was permanently disabled.

A modest man walked until quite fatigued and perspiring freely, entered an omnibus and sat next a lady, who opened the window to get some fresh air for herself. He soon became chilled and was ill for three weeks.

H. P. got up at night and hoisted the windows to look at a burning house. The cold air darted in on the unprotected body, just from a warm bed. A twelve month illness resulted in dropsy. A strong, hearty man came home on a hot summer's day, immediately took off his coat and hat, and sat in the open window, looking out upon a beautiful garden, over which the ocean breezes came to fan him. Before he was aware of it he was chilled, was attacked with inflammation of the lungs and died within a week. A gentleman was in a habit of walking a mile to his office. The first thing was to draw off his boots and put on his slippers without warming them. Every time he did it there was an unpleasant shock of coldness; in a week he had rheumatic fever; every step he took was in pain. When he woke up of a morning, the whole body felt as if it had been pounded; he could not turn his body in any direction without acute suffering. He was sick three weeks, but afterwards, always warmed his feet and slippers too, before he put them on; and in ten years he had no more of the dengue or break-bone fever.

Another man rode three miles with a little child sleeping in his lap, which, pressing against the stomach, caused unusual warmth there. It was a chill, raw November evening. In walking a hundred yards to the house with the child, moving slowly, the wind blowing, the whole abdomen was chilled in a moment. The next morning he awoke with the ominous pains of peritoneal inflammation, which is often fatal in three or four days.

Another person has invariably the same symptoms, if he sleeps on a spring-seat sofa covered with hair-cloth, as the heat is quickly extracted from the body by that rapid conductor.

A hale, hearty man came home after a long day's ride and fasting; his tidy and affectionate wife prepared a delightful supper, prompt, warm and abundant. He did it full justice. He said he had never enjoyed a meal so much before. The next morning he was dead.

A man had some accounts to draw off in mid-winter. It was a cold, damp night. He was greatly interested; time went on and the fire too. He felt a little chilly, but thought he would soon be done and that it was not worth while to rebuild the fire. It was near one o'clock before he left for home, and he reached it most thoroughly chilled. Next morning, he had pneumönia and never got well.

Remaining at rest for hours in a cold room, in raw, cold, damp weather, is enough to kill three men out of four, by bringing on congestion of the lungs, lung fever or inflammation of the lungs. Clergymen and lawyers often sacrifice their lives by speaking in warm rooms for some hours; the body, debilitated by the effort; the skin in a state of perspiration; the lungs all heated up; and thus, hungry, tired, and depressed in body and mind, go out into the cold air to ride or walk home, and to die in the very bloom of health and manhood. And yet, to know these little things, there are multitudes who hesitate to give fifty cents a year, when on the knowledge of them, human life is daily hung, and for the want of it is daily lost.

---

#### DRINKS FOR SICK PEOPLE.

Drinks for sick people should, unless the doctor orders otherwise, be served either hot or cold. A lukewarm drink is not only unpleasant, but is liable to cause nausea in some cases. There are two methods of preparing egg-nog. Mix well together a slightly beaten egg and a teaspoonful of sugar. Add a tablespoonful of wine or brandy, half a cupful of milk, and a pinch of salt. Strain and serve. More milk may be added as the patient can take it. Another way of preparing it is to beat the white and yolk separately. Beat the yolk first, and a teaspoonful of sugar, and beat well together. Add a tablespoonful of brandy or wine and two tablespoonfuls of cream, diluted with four tablespoonfuls of water. Beat the white of the egg until frothy, and mix with the rest. It should be sipped slowly, and a biscuit eaten with it. Egg-nogs as well as milk should be sipped slowly, not drunk rapidly, as many people are in the habit of doing. Albuminized milk may be prepared by beating together the white of an egg and a small amount, say half a cupful of milk. Toast water is frequently given to sick people, and is made by toasting slices of stale bread slowly until brown, but not burned, this being best accomplished by toasting in the oven. The water is then all evaporated and the starch changed to

dextrine. Break into small pieces and put a pint of it into a bowl. Add one pint of boiling water and let it stand for an hour. Strain and serve either hot or cold. This is useful in the cases of nausea, and is stimulating to the action of the stomach, containing, also, a small amount of nutriment. Brown bread or crust coffee is excellent for children, and may be served with sugar and cream. It is prepared like the toast water, the crusts of brown bread being toasted until very brown, broken into small pieces, and a pint of hot water added to a cupful of the crusts. Steep for ten minutes and strain. Acid drinks are good to serve in cases of fever and inflammation and when a large quantity of water is needed. Women require less water than men, and children more in proportion to their size. Apple water is made by adding a cupful of boiling water to one sour apple, chopped, and allowing it to stand for an hour. Strain and sweeten if liked. This is still better if a baked apple is used in place of the chopped apple. Boiled water should be used in making these drinks for sick people. Rhubarb water may be made the same way as the apple water, but as it is rather a strong drink, should not be given except by advice of the physician. Currant or barberry water is prepared by mixing together three tablespoonfuls of the juice and a cupful of water. Sweeten to taste. Or jelly may be used, beating a teaspoonful until it dissolves readily in a cupful of water. The best way to make a lemonade is to first make a syrup by boiling together the sugar and water, using twice as much water as sugar. Put two tablespoonfuls of the syrup into a glass, add one tablespoonful of lemon juice, and two-thirds fill the glass with water. Wine whey and lemon whey are found useful in cases of sickness. For wine whey boil one cupful of milk, and add half a cupful of wine. Let it stand for five minutes, when it will be found that the curd has separated from the whey. Strain through a fine strainer, sweeten to taste, and serve either hot or cold. Lemon whey is prepared in much the same way, boiling a cupful of milk, adding the juice of a large lemon, and letting it stand for five minutes. Strain and sweeten.

---

#### CASTOR OIL CURE.

Castor oil is neither new nor nice, but it is good for many things. It will cure a cold, brighten bleary eyes, clear a Canton flannel tongue clear a muddy complexion, and drive away the blues. A dose a month

followed by a diet of soups, chops, toasts, hot beverages and fruit, will reform a bad stomach and rebuild the health of a dyspeptic,

One must needs be a heroine to take the unctuous stuff straight, says the "World," but smothered in root beer or sandwiched with lemon juice it is tasteless.

The druggists charge 10 cents for a dose. They use root beer or pop. It is cheaper and more convenient to buy an ounce and a lemon, and take them before going to bed. Squeeze half the juice into a small glass, pour on top one tablespoonful of oil, add the rest of the lemon juice and swallow. Two days later the ugly girl will be in fine face.

This old-fashioned remedy is the best thing in the pharmacopœia for pimples, cold sores and similar eruptions. It never fails and it is absolutely harmless. As a cold cure, it hasn't a peer. It will succeed after everything else fails.

---

### FRONTAL HEADACHE.

A heavy, dull headache, situated over the brow, and accompanied by languor, chilliness and a feeling of general discomfort, with a distaste for food, which sometimes approaches to nausea, can generally be completely removed by a two-grain dose of the potassic salt dissolved in half a wineglass of water, and this quietly sipped, the whole quantity being taken in about ten minutes. In many cases the effect of these small doses has been simply wonderful. A person who a quarter of an hour before was feeling most miserable and refused all food, wishing only for quietness, would now take a good meal and resume his wonted cheerfulness. The rapidity with which the iodide acts in these cases constitutes its great advantage.

---

### SNEEZING.

Sneezing is rather a pleasant operation than otherwise, when one is alone. But there are inopportune sneezes, to wit: for a young man to sneeze just at the moment of popping the question; or, for it to accompany the lady-love's "yes!" Besides, many persons are not to be sneezed at.

Inasmuch, therefore, as a sneeze is most tremendously out of place, sometimes, it is well enough to know how it may be prevented.



A sneeze is instantaneously dispersed, dispelled, scouted, broken up, by pressing the finger upwards against the division of the nose, at the point where the upper-lip, inside, joins the gum. Another plan is, to expire all the air possible from the lungs the moment you perceive indications of a sneeze.

---

### HINTS FOR THE BATH.

Soap and water may make the skin clean, but friction is necessary to make it smooth, and exercise is necessary to make the flesh firm. After the bath the body should be dried with a soft towel, then with a Turkish one, and finally rubbed vigorously with Turkish mittens. Roughness of the skin is very frequently due to imperfect drying, and whoever aims to preserve anything approaching smoothness during the winter must be careful to rub down thoroughly after every bath.

---

### ARSENIC.

In the chronic skin affections, and in generally sluggish conditions of the system, a certain amount of the arsenical compounds may usefully pass through the liver and be then distributed throughout the system. When this occurs, the arsenic acts like all inorganic substances,—irritating and stimulating every particle of protoplasm with which it comes in contact—thus exciting the sluggish and slowly acting protoplasm to a more rapid interchange of nutritive pabulum.

This, together with the enhanced hepatic and generally augmented glandular activity all through the system, causes a rapid dispersion of many forms of pathological processes, and quickly or slowly converts them into normal conditions. Secretion, excretion, the appetite and every function of the body related to nutrition, are perceptibly improved—provided that, at the same time the arsenic is being taken, a well regulated diet is enforced.

In this manner, arsenic or its compounds also perceptibly improve respiratory and circulatory activity, and thereby relieve dyspnea.

Much that heretofore was pure speculative epiricism—based on peculiar specific properties supposed to be contained intrinsically in the arsenic—is thus explained as but the natural result of fixed chemical and physiological principles.

One thing, however, should always be remembered in dealing with arsenious acid or its compounds: that a powerful and intense mechan-

ical irritant is being introduced into the animal economy—one which rapidly becomes intensely poisonous in its action if too freely used.

Great care, therefore, must always be exercised in its administration, so that its action may not be more harmful than useful. When used intelligently and with good judgment, arsenic (with its compounds) is one of the most certainly reliable and valuable remedies contained in the *materia medica*.

---

#### ABOUT THE BABY.

Never pat it hard. Never trot it violently, bringing the heels down with force. Better not trot at all. Never make startling noises by way of amusing it. Never toss or jump it about. Never swing it quickly either in cradle or rocking chair. Never give it an empty feeding bottle to suck, or a rag, or any such thing. Do not unnecessarily put your finger in its mouth.

---

#### SNEEZING FOR HYSTERIA.

The idea has been suggested that in certain well known conditions of hysteria a judiciously administered pinch of snuff might have a beneficial effect. Familiar to every one is the perverseness with which such hysterical attacks resist ordinary remedies, and it seems not improbable that some of them might be curtailed by a period of vigorous sneezing.

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#### SPICES AND CONDIMENTS.

The habit appears to be increasing every year of using spices and condiments in almost every article of food, and in such very considerable quantities as to be a source of danger to health. This habit cannot be too severely condemned, as its end must be hopeless and confirmed indigestion. No purely stimulating substance of any kind can be used habitually by man without decided injury to his whole system.

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#### HINTS ABOUT DIET.

It is well known that pedestrians and others who perform in public feats requiring great strength and endurance, undergo beforehand severe training to develop their powers to the utmost. The rules laid down by their trainers are very strict and rigidly enforced. The fol-

lowing are a few in regard to diet:—Little salt. No coarse vegetables. No pork or veal. Two meals a day, breakfast at eight and dinner at two. If supper is allowed at all it must be a very light and simple one, several hours before bedtime, and is not recommended. No fat meat is ever given, and no butter or cheese, which are considered indigestible. Pies and pastry are not allowed. Meat must always be taken fresh, and not seasoned.

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### THE BATH.

Don't economize in bath water. Don't economize sleep. Don't be stingy with fun. Laugh all you can. Laughing shakes up the system, makes the blood circulate, wakes up the lungs, starts the digestion, warms the feet, relaxes the nervous system—in a word, it rests you all over.

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### MILK AS FOOD.

During the treacherous and trying early spring months, the value of milk as a nourishing article of diet cannot be too forcibly impressed upon the mistress of a household; especially is it recommended for delicate people and children. In the very rare cases when it is found difficult to digest, add a wineglass of soda water to a cup of milk. In every case milk should be slowly sipped, or it will be a solid curd on the stomach. As a speedy restorative after severe exertion, nothing equals a cup of new milk, heated to boiling point. If for drinking purposes, never allow milk to quite boil. Always keep milk covered, when in a sitting or bedroom, as it absorbs all noxious gases. To prevent milk scorching, rinse well the saucepan with cold water. Do not wipe it; the thin film of wet, which soon becomes steam, prevents it catching at the first. It requires to be watched after, of course.

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### WATER TREATMENT OF A COLD IN THE HEAD.

The hydropathic treatment of a cold in the head is more reliable than any other, and one which scarcely requires the aid of a physician. It is as follows: In the morning after rising, and at night before retiring, wash the feet and legs as high up as the knees in cold water, then rub them with a rough towel and massage them till the skin is red and glowing. In addition to this snuff tepid water up the nose frequently during the day, and sip with a teaspoon a glassful as hot as

can be borne an hour before each meal and at bedtime. A few days is often quite sufficient for simple cases, and obstinate ones yield if the treatment is prolonged. No medicines are required. If taken in the first stages of the disease a cold is broken up which might otherwise become a severe case of bronchitis, lasting many days or weeks.

### DANGEROUS ICE-CREAM.

The manufacturers of penny ices are chiefly Italians of the lowest class, and they live crowded together in Italian colonies, the principal one being at Saffron Hill. In a padrone's house our commissioners found in the rooms three or four beds; some were occupied by men and women, others by single men or single women; all conditions and sexes living promiscuously together. Some of these Italians were piano-organ men, others traded in penny ices; and these ices were mixed or made on the premises, in the midst of indescribable filth and overcrowding. The milk, the eggs, the corn flour mixture, etc., as we reported at the time, are left standing for hours in the foulest atmosphere, are manipulated by the dirtiest and most unwashed Calabrians, and are mixed—sometimes boiled—in the same saucepans and caldrons employed to cleanse dirty linen. So long as no supervision is exercised by the authorities the Italian padrone is not likely to indulge in so extravagant a luxury as cleanliness. Fortunately, we are now informed that the Local Government Board has written to certain of the metropolitan vestries notifying that a Select Committee will be appointed to inquire into the advisability of instituting legislative action so as to secure the registration of itinerant ice-cream venders.

### HURRIED EATING.

A physician once said: "It does not so much matter what we eat as how we eat it." While this is only partly true, it certainly is true that most healthful food, hurriedly eaten and immediately followed by work which engages the entire available physical and mental forces, is much worse than a meal of poor food, or what is usually termed indigestible food, which is eaten leisurely and followed by an interval of rest. While the quality and quantity of foods have much to do with health, the manner of eating has quite as much, if not more, to do with keeping up the tone of the system to a natural, healthful point. All meals, but especially dinner, should be followed by a short rest. A

short rest will keep the tone of the body better during the day, and it is always best to be on the safe side. After supper there should be, not work, but recreation.

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## PHYSICAL CULTURE.

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### GAMES OF SKILL.

A correspondent asks, "What do you think of games of skill, as chess, draughts, or chequers?" Not understanding the two former, our opinion may be of little worth, but we think that human life is too short, its true work too large, and its real object too momentous to be frittered away with such tom-fooleries. So much for the moral of the subject. As to the mental effects of such employments, they certainly promote habits of deliberation and thoughtfulness, and very important characteristics are they in this hurry-scurry, helter-skelter, neck-or-nothing age.

But far higher purposes would be attained by an equal time spent in the demonstration of some of the problems of Euclid, because they compel the mind to attention, to thoughtfulness and to habits of legitimate deductions, the want of which is one of the most radical defects of modern education and one of the most constant causes of making life a failure. As to the physical tendency of spending hours together bending over the table, with that insufficient and imperfect breathing which attitude, an interested mind, any one's common sense will give the answer, that such pastimes are full of mischief and worse than useless. To all we say, and to invalids and sedentary people especially, when not engaged in the actual and serious business of life, be out and about.

Sing, whistle, laugh, romp, run, jump, swim, row, ride, do anything rather than sit still within any four walls, or lounge on a sofa, or dose in a chair, or sleep over a dull book.

Moderate and continuous exercise in the open air is without a second, as a means of health, both to the well and to the sick.

A brisk walk in a cool, bracing atmosphere is a luxury, provided it be taken under proper circumstances. Sydney Smith made a great mistake when he said that a public speaker would never break down, if he would walk a dozen miles before speaking.

He might break down in one sense of the word, for there would be nothing to break ; he would have no strength and there would be no elevation to tumble from, because his speech would be as flat as cold soup. The less a man exercises before a morning's sermon, or speech, the better.

The vital energy should not be expended on the muscles, but on the brain. To speak with freshness and with a vigor which shall carry all before it, a man should neither sing, talk nor walk before speaking.

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## **INSTANT ACTION.**

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### **PREPARATORY FOR THE DOCTOR.**

To have one's wits about him, under all contingencies, is one of the most valuable qualities which a man can possess. It belongs to a strong mind, whether in man or woman ; and would save thousands of lives and incalculable suffering every year.

One of the means by which we can arrive at a good share of this valuable characteristic is, to fix in the mind what should be done under certain circumstances. To do this, pre-supposes intelligence. If a woman's dress is suddenly enveloped in flames, instead of running to her, or out of the house, speak distinctly and commandingly : " Lie down and roll over !" Meanwhile, rip up the carpet, or drag off a bed blanket, throw it over the person, and then proceed to wrap her up closely in it ; this is a more certain and speedy extinguisher than water, is more accessible and entirely safe to the person giving aid. If a man faints away, instead of yelling out like a savage or running to him to lift him up, lay him at full length on his back on the floor, loosen the clothing, push the crowd away, so as to allow the air to reach him, and let him alone. Dashing water over a person in a simple fainting fit is a barbarity, and soils the clothing unnecessarily.

The philosophy of a fainting fit is, the heart fails to send the proper supply of blood to the brain ; if the person is erect, that blood has to be thrown up hill ; but if lying down, it has to be projected horizontally, which requires less power, is apparent.

If a person swallows a poison, deliberately or by chance, instead of breaking out in multitudinous and incoherent exclamations, dispatch some one for the doctor ; meanwhile, run to the kitchen, get half a

glass of water, in anything that is handy, put into it a teaspoonful of salt and as much ground mustard, stir it an instant, catch a firm hold of the person's nose, the mouth will soon fly open, then down with the mixture, and in a second or two up will come the poison. This will answer in a larger number of cases than any other. If by this time the physician has not arrived, make the patient swallow the white of an egg, followed by a cup of strong coffee, because these nullify a larger number of poisons than any other accessible articles, as antidotes for any remaining in the stomach.

If a limb or other part of the body is severely cut, and the blood comes out by spurts or jerks, per saltem, as doctors say, be in a hurry, or the man will be dead in five minutes ; there is no time to talk or send for a physician ; say nothing, out with your handkerchief, throw it around the limb, tie two ends together, put a stick through them, twist it around, tighter and tighter, until the blood ceases to flow. But stop, it does no good. Why ? Because only a severed artery throws out blood jets, and the arteries get their blood from the heart ; hence, to stop the flow, the remedy must be applied between the heart and the wounded spot, in other words, above the wound. If a vein had been severed, the blood would have flowed in a regular stream, and slow ; and on the other hand, the tie should be applied below the wound, or on the other side of the wound from the heart, because the blood in the veins flows towards the heart, and there is no need of such great hurry. But we will not tell too much ; there are other journals to write, and we do not intend to place ourselves in the same category with that unforesighted class of clergymen, who tell all they know in a few first sermons, consequently, soon run out, and are on the hunt for another place.

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## ONE'S HYGIENE.

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### EATING AND EXERCISE.

Never take a meal under a feeling of exhaustion from exercise. Never go into a sick room when very weary. Never exercise violently just before a meal. The exercise which benefits invalids and infirm people, is that which is moderate and extended in space or time. One of the best exercises for women, who are not very well, is a walk in the

streets, or in the fields, with a cheerful companion. To find an exercise suitable for women indoors is very difficult ; sewing is too confining, scrubbing the floor too violent; and under the great variety of circumstances, under which women are placed in families, we can do nothing more than to lay down a principle, and let each one act in reference to it ; that exercise is best which keeps the body in motion and interests the mind pleasantly.

Eat your meals with an unanxious, unannoyed and cheerful heart ; and consider he, she, or it, your worst enemy, that interferes in this direction ; for passion, anxiety, alarm, mortification, instantly arrest digestion. No rule as to quantity or quality of food is of universal application, exceptions will be found in the individual. What "agrees" or is "good for" nine individuals, would not be suitable for the tenth. Hence, in reading any general rule, as to health or habits of life, it is the dictate of wisdom to enter on its practice with moderation, caution and a close, judicious observation ; the necessity of this is strikingly exemplified in dyspepsia, one man being benefited by an alkali, another by an acid; vinegar relieves one, soda or lye another.

Amusement is as much a necessity to the mind as food is to the body. The mind is vivified by pleasurable recreations as much as the body is sustained by a nutritious diet.

But not less transient and deceptive, as the aids which opium and tobacco and alcohol afford the body, are novel reading and theatrical performances, the unsubstantial quickeners of the mind and heart. And as nothing gives the body more enduring strength than plain, substantial meat and bread, so the intellect and the affections are strengthened by the exercise of those real benevolences which every day life, in cities especially, so loudly call for.

The dollar spent for a seat in the theatre amuses its occupant for a few short hours, and after they are past, there is nothing real to look back upon.

That same dollar spent upon one of the thousands of the children of want in any large community, would make that poor child feel rich for a day, and would lift up and happify his stricken heart, as often as remembered for many long days to come ; while, as to the donors, it will be a sweet thing to think of even in a dying hour.

Let our recreations, then, be not in sham and show, but in sweet realities.



## HEALTHY ABODES.

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### VERMIN RIDDANCE.

The first steps towards ridding a house of bugs, flies, rats, and reptiles, is to keep it scrupulously clean from cellar to garret. But there are multitudes of housekeepers who are too lazy, ignorant, or thoughtless, to adopt this method ; besides, some of our readers may be under the unfortunate necessity of moving into a house recently occupied by human pigs. Our humanity is stimulated to impart to them the following items of information ; and they are particularly valuable, as they will obviate the necessity of keeping poisonous articles about the house to the destruction of men as well as mice.

Bedbugs are effectually destroyed by washing infected places with a decoction of the common smartweed or "water Pepper," called by botanists *Polygonum punctatum*. Pour a pint of boiling water on a pint of the weed, cover it up and let it cool. The liquor may be put on with a brush. The plant itself may be stuffed in cracks or corners.

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### A MODEL SCHOOL-ROOM.

It was a room about twenty feet square, surrounded on all sides by desks, at which were seated, as many boys as could be comfortably ranged along the walls, say thirty in number.

In the centre burned a coal stove with furious heat ; and just beside it was the platform, with the teacher's desk, and apparatus on it. There was about enough vacant space allowed a class to stand up for recitation, very little more. It was about the hour of closing school. I knocked at the door, and, as I put my foot over the threshold the stifling air almost forced me back, as if I were entering a subterranean cavern. There were two windows in the room, closed fast against the intrusion of a breath of Heaven's pure air. The vapor stood in thick drops on every pane of glass, and I did not see a ruddy-faced boy in the whole company. They were a sallow, sickly, cadaverous looking set, fast making ready for the grave of consumptives. What a pity ! Thirty fine boys as ever started on the journey of life, imprisoned for

seven or eight hours a day in this foul vapor-bath, all to force their intellects as horticulturists force plants, in the stifling air of a hot-house. Who were the parents of these boys, that they would permit them thus to be suffocated, body and mind ?

The wealthiest in the city who spend fortunes for the education of their children, but will not invest a cent to provide for the poor little sufferers a gallon or two of fresh air. A little more ventilation please, kind teachers, and we will dispense with some of the lighter accomplishments, such as French and music, and consider that we have made a good bargain for the children.

Sleeping rooms should never be papered, and most of all with paper having any green color, whatever paper-makers may say to the contrary.

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## EDITOR'S OUTLOOK.

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### TEACH MEDICAL HISTORY.

The observant student of human affairs sees, frequently, illustrations of the truth of the maxim that history repeats itself. He sees, also, that many of the foolish and dangerous repetitions of history might have been avoided, had those concerned possessed a realizing knowledge that they were but doing again what had before been done with evil result.

The history of medicine presents no exception to the general course. Time and again physicians are led from the safe path of experience into the swamps and bogs of unscientific experiment, by some will o' the wisp of apparent novelty. Time and again the wisdom of the past is contaminated because of its apparent conflict with hasty deductions drawn from incomplete data of new discoveries, only to be vindicated and re-established by the further progress of science.

Thus the present day, through brilliant discoveries of veritable *MATERIES MORBI*, the various ptomaines, and the specific toxins, has restored humoral pathology to more than its former importance. It is true that the crude guesses of our predecessors have been substituted by demonstrated facts; but the great lesson to be enforced is that our predecessors were right in seeking for "peccant humors" to explain certain of the phenomena of disease, and that exclusive attention can no longer be paid by the modern pathologist either to morphologic changes, whether gross or minute, or, as at one time seemed imminent to the natural history of bacteria.

The chemic processes of microbial life and the chemism of the tissues and juices of the animal body invaded by microbes, must be studied in large and small, and with

all their complicated reactions and interactions. But beyond this lies a still greater lesson.

Contemporaneously with the revival and reform of humoral pathology, the potentialities, both morbid and salutary, of normal secretions, have received fresh illustrations.

The most remarkable therapeutic discovery of modern times is that of the power of preparation of the thyroid gland to relieve the symptoms of myxedema.

This veritable discovery has been the excuse for the exploitation of "animal extracts," in general, in a manner and for purposes utterly unjustified by any sound data of observation, experiment or theory. The student of medical history sees in this but a repetition of many experiences of the past.

So too, the extravagancies of modern hypnotism, recall the delusions and impositions of "mesmerism, animal magnetism" and the like. To effectually guard against errors of this and similar nature is probably impossible.

Nevertheless, much may be done by a proper training of medical students. The history of medicine, its development, its errors, its trials, its triumphs should be systematically taught by competent instructors at all our colleges.

The chair of the history of medicine should be one of the most important and by the respect paid to it, the value of its teachings should be emphasized. At this writing we can recall but three American colleges in which lectures on medical history are given, and none in which historical teaching is invested with the dignity and importance that it merits.

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In our September number of last year, we made a special offer to close April 1, 1895, that all readers, in whose hands the JOURNAL might fall, who would send us 25 cents, such persons would receive the JOURNAL for one year as a trial. The results have been very gratifying, and especially so, when we find that so many of our medical profession have taken advantage of it.

We want, always, their co-operation, both in subscriptions and literary contributions, as we shall, in the future, look largely to their interests. We have decided to continue our offer to August 1, 1895, so, readers, send in your subscriptions. This we find pays better than offering premiums.

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#### WARSAW SALT BATHS.

The great success of salt baths at so many health and pleasure resorts in Europe, in the treatment of rheumatic troubles, nervous conditions of the system and general debility, led to the establishment of the Warsaw Salt Baths, at Warsaw, N. Y. The effects of salt water baths are alterative, stimulant and tonic. By their use, feeble circulation is stimulated, impaired nutrition improved, and vigor imparted to the nervous system. It is not claimed for the salt baths that they are a specific for all ills, but by their influence on the circulatory and nervous systems, they have a wide and marked influence over many obscure and often intractable forms of disease. Among the many diseases, in the treatment of which most marked beneficial effects have been secured by the use of these baths, are rheumatism

in its various forms, neurasthenia, sciatica, scrofula. The delightful surroundings of these baths, give them an added reputation, and nowhere can there be found a more picturesque spot.

## BROOKLYN HEALTH DEPARTMENT.

April 2, 1895.

HON. Z. T. EMERY, M. D., Commissioner of Health.

Sir:—I have the honor to report that yesterday, April 1st, I procured from Schulze-Berge & Koechl, two bottles of Behring's Antitoxine No. 2, containing 1,000 immunity units, sealed under the date of January 30th, operation No. 159, being a portion of the same lot as used in the case of Bertha Valentine. Of this serum one cubic centimeter was injected beneath the skin of a guinea pig weighing 420 grammes at 4.30 P. M. The animal suffered no inconvenience from this injection. At the time two and one-half cubic centimetres of the same serum were injected directly into the ear vein of a large rabbit. This animal suffered no inconvenience. I also obtained from Dr. Clayland, the Coroner's physician, about one ounce of fluid blood received in a sterilized bottle from the right auricle of the heart. One-half of this blood was given to the chemist of the department for chemical analysis. Direct microscopical examination and cultures from this blood showed it to be free from micro-organisms. Speculative theories may be advanced as to the cause of death in this case, the true cause not having yet been determined, but the above experiment, conforming as nearly as possible to the actual condition, demonstrates that the cause was not inherent to the Antitoxine.

Sincerely yours,

E. H. WILSON, M. D.,  
Chief Bacteriologist.

The *Buffalo Medical Journal* is about to celebrate its fiftieth birthday, an event that rarely occurs in the annals of medical journalism. The issue will be a large one in commemoration of the event, and the *Journal* will be increased 16 pages. There is no better journal published.

---

**LITERARY.**

TEXT-BOOK OF NERVOUS DISEASES. Being a Compendium for the use of Students and Practitioners of Medicine. By Charles L. Dana, M. D. Third Edition. With two hundred and ten illustrations. New York: William Wood & Company, 1894.

This is probably the best compendious work upon its subject to be found in English literature, and the fact that it has reached a third edition shows that it is appreciated by the profession. While we are far from agreeing with all of Dr. Dana's dicta, we nevertheless commend the clearness of his style, the thoroughness of his descriptions of disease and the general soundness of his therapeutic judgment; especially his just estimate of measures other than drugs, such as the use of water, electricity, the rest cure, massage and the like. We note with pleasure his bold asser-

tion that he has seen undoubted cures, from the use of small doses of potassium iodid in tuberculous meningitis, but we must strongly dissent from his recommendation to use tuberculin as a diagnostic help.

**DISEASES OF THE CHEST, THROAT AND NASAL CAVITIES.** Including Physical Diagnosis of the Lungs, Heart and Aorta, Laryngoscopy and Diseases of the Pharynx, Larynx, Nose, Thyroid Gland and Esophagus. By E. Fletcher Ingals, A. M., M. D., Professor of Laryngology and Practice of Medicine, Rush Medical College, etc., etc. Third edition, revised, with 240 illustrations. New York: William Wood & Co., 1894, 8vo., pp. 686.

That the thorough physician, of wide, general experience, makes the best specialist, is a fact that should be so well known as not to require comment. Yet the tendency to begin one's practice as a specialist is becoming so widespread that every fresh illustration of the value of the opposite course should be emphasized. Because Dr. Ingals is fitted by training and experience to hold a chair of general medicine, his views as to diagnosis and treatment of the throat and nose are broader and more reliable than those of authors lacking these qualifications. The association of diseases of the chest with those of the throat and nose, while it necessitates much condensation, is fitting. To treat the chest well, one must know the throat and nose; and to treat the throat and nose, one must know the lungs and heart. While not agreeing with all that the author says, we consider his book a safe guide to the student, a help to the physician, and well worth careful study by the specialist.

Probably no two words in the English language are more misused and abused than "lady" and "woman," and there is much wisdom, therefore, in a popular discussion of the proper usage of the words, such as is given in the April LADIES' HOME JOURNAL by Margaret Deland, Mrs. Burton Harrison and Sarah Orne Jewett. "The Burning Question of Domestic Service," is treated intelligently and interestingly by the Countess of Aberdeen. Jessie Bartlett Davis, the well known contralto of the "Bostonians," contributes a valuable article on the "Uses of a Contralto Voice;" Mrs. Burton Harrison speaks of the deportment of "The Well-bred Girl Abroad," and her travel requirements; Kate Greenaway, whose quaint pictures have never before appeared in the pages of a magazine, is represented by a page of April children, whose histories are delightfully told in rhyme by Laura E. Richards. "The Story of a Vivacious Girl," is the title of a new, bright novelette of girl life of to-day which Grace Stuart Reid begins and Frank O. Small illustrates. John Kendrick Bangs is irresistibly funny in "The Paradise Club," and Josiah Allen's Wife is pathetically, humorous in her new two-part story, called "The Earthquake of Eighteen Eighty-Three." The vigorous pen of Dr. Parkhurst is most evident in his definition of "The True Mission of Woman." The editor discusses with much force three serious subjects, "Making Marriage a Problem," "Taking Things for Granted" and "Frittering Away Our Time." "The Personality of a Charming Writer," who is Kate Douglas Wiggin, is most charmingly pictured and described by Emma B. Kaufman, "Easter Brides, Easter Hostesses and Easter Students," are remembered by Isabel A. Mallon, Mrs. W. F. Peck and Jane Searle. A beautiful page, "A Revival of Spangle Work," is daintily illustrated. "Laying Out a Small Country Place," is the attractive title of a very practical article by Elizabeth Bisland. The cover of this April JOURNAL is a reproduction of two of C. D. Gibson's most stylish and charming

# For Babies and Children

All children need the elements of food found in Cod-liver Oil and Hypophosphites of Lime and Soda. Many are able to derive these properties from their ordinary food. *But many do not;* consequently they do not thrive. Their teeth are defective. Their bones are not properly formed. Their blood is depleted, cheeks lack color, and vitality is at a low ebb. Their brain takes all their nourishment and nothing is left for the ground-work of their future health.

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of Cod-liver Oil and Hypophosphites, is an easy and concentrated form of the food properties that are *absolutely necessary* to all growing children. It overcomes wasting tendencies, enriches and purifies the blood, makes healthy flesh, and brings rosy cheeks and bright eyes to all the babies and children who take it. It is nourishment to the bones as well as to the vital organs and muscular system.

**"Christian Intelligencer."**

MESSRS. SCOTT & BOWNE.

NEW-YORK, Nov. 5, 1894.

GENTLEMEN—A sense of gratitude for the benefit received from the use of Scott's Emulsion of Cod-liver Oil, in the case of my young son, prompts me to write you that others may profit by my experience. For some months the little fellow, who had never been a rugged child, seemed to steadily waste away. He lost all desire for play, became weak and nervous, had little appetite, much trouble in obtaining sleep, and was very susceptible to the slightest changes in the weather. I was advised he was growing too fast and a tonic prescribed, but he continued to lose in weight. One day a friend said: "What that child needs is *more nourishment*, and the thing to give him is Scott's Emulsion of Cod-liver Oil. It would make a new boy of him in a month." He spoke so earnestly I decided to follow his advice, and the effect was almost magical. An improved appetite was at once noted, the roses gradually returned to his cheeks, he experienced no trouble from sleeplessness, a spirit of fun and desire for play developed, he gained rapidly in weight, and in about a month verified my friend's confident prediction, for he was indeed a new boy. To-day he is apparently as strong and healthy as a child could be, and the wonderful change was wrought by Scott's Emulsion of Cod-liver Oil and Hypophosphites.

Respectfully yours,

R. F. BOGARDUS.



Trade-Mark.

---

SCOTT & BOWNE, New-York City. All Druggists. 50c. and \$1.

girls, and all through the issue is the freshness and daintiness of springtime and Easter days. This ideal magazine is sold for ten cents a number, and one dollar a year, by the Curtis Publishing Company, of Philadelphia.

The REVIEW OF REVIEWS for April is one of the best of the year. The contents are divided into two sections, regular and special features, and at once the "busy" man can glance at his desired section of the publication. One very interesting chapter in the magazine is the one on "Our Civic Renaissance," giving a cursory glance at municipal reform in large cities, by Albert Shaw. The name and portrait of Lyman J. Gage, now of Chicago, is familiar to New Yorkers. Mr. Gage is essentially a New Yorker, having spent his early days in the central portion of the state. The "Foundation of Beliefs," by W. T. Stead, is one of the leading features of the month. The career and services of the Samuel Dana Horton is ably treated by Frederick W. Holla. The number is replete with much interest.

One of the new and breezy exchanges that have found its way to our review table, is the New York Publishing Bureau's monthly, edited and published by General Franz Segel, a veteran of the late war. Mr. Segel gives the public an interesting periodical, especially to those who admire literature, science and art. No household should be without it. Price, \$2.00 per year.

## GENERAL NOTES.

During the 144 days that its doors remained open, the London Exhibition of 1851 was visited by more than 6,000,000 persons, or an average of 42,000 a day, with receipts of about \$2,500,000, against an outlay of less than \$1,500,000. It is worthy of note that this, the first of our great world's fairs, was the only one which has thus far proved a great financial success, and that with a smaller expense and shorter existence than any, its earnings were the largest recorded prior to our own Centennial Exposition. As to its minor features it may be mentioned that goodly profits were secured, not only by the managers, but by those to whom special privileges were awarded. Thus the firm to whom was granted, for \$16,000, the right of printing catalogues, sold about 300,000 copies for the sum of \$75,000, netting from \$30,000 to \$40,000 by their bargain. But still fortunate was he who obtained the contract for supplying refreshments, for which he paid but \$27,500, against \$375,000 as the total receipts. To the average sight-seer a spectacle loses much of its interest if not accompanied with eating and drinking, and that this was no exception, is shown by the enormous consumption of victual and drink, though meals were limited to cold meat, potatoes, bread in some shape, and temperance beverages. Among other articles there were consumed 2,350,000 loaves and cakes, or nearly half a loaf or cake to each visitor, with 700,000 pounds of ice, 70,000 of ham, of beef an unknown quantity, and other materials in proportion.

That no world's fairs have been held in England since 1862, is due to the prevailing impression that with the ever increasing variety of appliances and inventions, these exhibitions would assume such mammoth proportions as to become unmanageable.  
— *The Book of the Fair*, by Hubert H. Bancroft.

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## HALL'S JOURNAL of HEALTH

ESTABLISHED 1854

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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## ORIGINAL.

### THE INEBRIETY OF CHILDHOOD.

LESLIE E. KEELEY, M. D., LL. D.

Inebriety caused by whiskey is craving for whiskey. The craving is there constantly or periodically, whether the liquor is drank or not. The terms drunkenness and inebriety are frequently confused. A man who has chronic poisoning from alcohol is an inebriate because he craves liquor. Drunkenness is acute alcoholic poisoning from drinking alcoholic liquor in consequence of a craving for it, or inebriety.

Heredity has always ranked high as a cause of inebriety. I do not think so. As a cause it ranks among the least. I do not think the craving for drink is transmitted by heredity. I do not think that any other nervous disease ever creates a craving for drink. I do not think any condition of life, mental, moral or physical, ever creates a craving for drink. These things may all lead a person, who is not an inebriate, to begin drinking and make an inebriate of himself; but they do not cause inebriety in any other way.

In my opinion—and I base my opinion on an induction from facts that no one can dispute, and that are known to all people—the heredity of drinking reaches back no further than the cradle. The two great institutions which lead to the disease of inebriety are the saloon and the nursery. The two great conditions of life which lead to drinking and drug-taking are illness and custom.

When an infant is born, some form of alcohol is usually an attendant at the birth. If the infant escapes a whiskey bath or a few drops of some stimulant, it is probably through some neglect. It is rare, indeed, that a child a few days old has not had a hot whiskey several

times. If the babe feeds on milk and water too early, or if anything goes wrong with the mother or child, the domestic, and very likely the professional remedy is whiskey.

But the diseases of infancy and childhood create the call for and the use of the drugs that inebriate. Indigestion, too much crying, cholera infantum, measles, scarlet fever, and particularly diphtheria, are treated by alcohol and opium very largely by the physicians.

Children with indigestion are fretful, and are quieted by whiskey or brandy, or some preparation of opium. The patent soothing syrups contain opium in some preparation or form. Very often these drugs are given children habitually until the children are several months old.

In severe illness from children's diseases alcohol is used always, and in large quantities. It is not uncommon the babes get a teaspoonful of whiskey every hour for diphtheria.

I do not question the propriety of giving these drugs as remedies. I do not doubt the wisdom or skill of the physicians who find these remedies useful in diseases. But I assert that the soothing syrups and other opiate preparations, the wines and hot slings and large quantities of alcoholic liquors, given to children to quiet them or cure them of diseases, cause inebriety.

It is impossible to give children opiates or alcohol in any quantity without causing a corresponding drug inebriety.

All people who have had experience as nurses, or who have closely observed the troubles of childhood and their antidotes, will bear us out in these observations. If the drugs are used in the manner I here state, the consequences cannot be denied. If the drugs are used in this manner, then it is true that they make inebriates of children, or it is not true that these drugs cause inebriety in any person under any conditions.

The stamp of the drug remains on the brain of the infant, even if the drug is no longer given. The misery of babes drugged to inebriety, and then very likely suddenly deprived of the accustomed stimulant, is without doubt as acute and great as in older people. People who have dosed children with soothing syrup know how difficult it is to wean the child from the drug. But even if the drug is no longer given the inebriety remains. When the babe grows up to the stage of youth he has the craving, without a name or understanding perhaps, until for some reason a stimulant or dose of the accustomed drug is taken. There is an immediate and perhaps prolonged debauch,

followed by the usual phenomena of inebriety. It makes no difference, if the drug is alcohol or opium, or both. Both of these inebrieties may exist in the same person, and he may be both a drunkard and an opium user, and this condition can be, and often is, the result of opium or whiskey inebriety acquired in the cradle and nursery.

The inebriety of youth, of middle life and of the whole life, is often the result of child-drugging rather than heredity. In fact, observation will prove that in these cases of apparent heredity the parents and children were each drugged with opiates and alcohol. In all estimates of the relation of heredity to inebriety this fact must be considered, and it must be clear that in order to verify the heredity of inebriety it must be proven that the children of inebriates have not had inebriety thrust upon them by giving them the drugs that cause this disease while they were yet inhabitants of the cradle and nursery.

Child inebriety is one of the most prevalent diseases. It is coextensive with the extent of alcohol and opiates given to children for any cause whatever. It is, therefore, as extensive as the prevalence of the diseases of childhood, because the inebriating drugs are universally used in these diseases. I regard child inebriety as the chief cause of intemperance among all classes. I do not say that every child subjected to the influence of these drugs becomes an active inebriate, but I say that if the history of inebriety is carefully inquired into, it will be found that the larger number of inebriates took opiates or alcohol when they were children.

This question has prominent moral and medical factors for consideration. Is it a medical necessity, and is it morally right, to give children the drug that enslaves as remedies for diseases?

I assert that in the present stage of the development of the science of inebriety and its treatment, necessary remedies in diseases must be used. If statistics verify that 30 per cent. of diphtheria cases recover without alcohol, while 40 per cent. recover under the use of alcohol as a remedy, then the remedy must be given. The same rule must govern the use of other drugs.

The question of preventing these diseases grows more important the more it is considered. The infant mortality from children's diseases has always been the great and important theme of the sanitarian. It is better to prevent the children's diseases than permit the great mortality and the inebriety resulting from their non-prevention.

The prevention consists in general and special sanitation. It is my

firm conviction, and all things appear to verify it, that, viewed from whatever standpoint, the intemperance of this world is caused by the lack of sanitation which can destroy the preventable disease.

The great majority of inebriety is directly caused, in childhood as well as in adult life, by drugs used as remedies. The prescription, the cradle, the nursery, as well as the invitation, the saloon and social customs, are responsible for the widely diffused disease of inebriety throughout civilization.

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### THE PASSAGE OF GALL STONES.

J. A. WALLS, M. D.

This is one of the most painful varieties of colic that the physician or patient is likely to come in contact with, is very often mistaken for other varieties, and if treated on this line failure of success is inevitable. We call to mind a case we were called to treat some years ago, and when we diagnosed it a case of gall stones passing, the patient, a man of fifty years of age, became almost angry; said he had been troubled with these spells for twenty years, and had always been treated for neuralgia of the stomach. In a few hours we proved our diagnosis to be correct. On examining the excreta from the bowels we were rewarded by finding quite a number of gall stones, and by perseverance in treatment we removed in all from this patient over four hundred of them.

CASE NO. 2.—A lady, aged fifty-five, had been a great sufferer for years from liver disease. One physician treated her for eighteen months for a tumor, without relief. Our diagnosis, when called, was an accumulation of gall stones, which caused quite a tumor. We succeeded in removing over three hundred from this patient, consequently the tumor was removed.

The pain which accompanies the passage of gall stones from the gall bladder into the intestines is very severe.

These stones are collections of substances which have been deposited from the bile while retained in the gall bladder. They vary in size from that of a pin head to that of a hickory nut. So long as they remain in the gall bladder they may occasion no special difficulty, unless they form in great numbers and become impacted in the gall bladder, causing it to be greatly enlarged; then they may cause very

serious trouble. When nature makes an effort to get rid of them by forcing them through the little tube which leads from the gall bladder to the intestines, they occasion great pain by stretching the duct, as well as by preventing the bile from passing through.

The paroxysms attending the passage of gall stones often occur in individuals that seem to be in perfect health, without apparent cause.

The pain is spasmodic, occurring with the greatest severity at intervals. There is usually nausea and vomiting ; the bowels constipated ; if the attack be a long one the skin will acquire a yellow hue. The duration of the pain varies from a few minutes to several hours, according to the time necessary for the stone to escape into the intestine. Finally the symptoms suddenly cease, leaving merely the exhaustion and soreness. The sudden cessation of the pain indicates the escape of the stone into the intestine. These attacks are apt to recur in the same individual after intervals varying from weeks to years.

**TREATMENT.**—Pure olive oil, in doses of two to four tablespoonfuls, repeated every one to three hours. If the pain is persistent and severe, take of fluid extract of lobelia seed and fluid extract of dioscorea (colic root) of each one ounce ; dose, fifteen to thirty drops in warm water, every twenty minutes to a half hour, until relieved. At the same time apply hot fomentations of hops over the region of the liver.

We have great faith in the above treatment if persisted in ; then put your case in the hands of your physician, and take a thorough course of treatment to remove the conditions that bring it about.

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## **EDITORIAL PARAGRAPHS.**

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### **HOUSE-CLEANING AND HOME-MAKING.**

All through the early spring, country housekeepers become increasingly conscious of the growing dinginess of the home. The shabby aspect is not all dirt. It is partly the inevitable wear and tear of use. They know that the spring cleaning will not altogether renovate or renew, but the one apparent factor in all the general shabbiness is dirt. Dirt, then, is the enemy against which is to be directed the full force of attack. What a pitiless warfare it is, raging in every room of the house after it once begins. Out of windows, out of doors, the dirt must go anywhere, everywhere but in the house itself. The battle opens in the garret, and only ends when the last speck of dust is

whisked out at the kitchen door. Everything shakable must be dragged forth and shaken, till one is reminded of the colored brother's prayer, "O, Lord, shake de world ; shake it up ; shake it down ; shake it every way, only shake de 'niquity out ob it."

As the work progresses there is a fever of energy in it, almost as if we thought a clean house would be heaven ; and the approach to cleanliness is, to many members of the household, like a passage through purgatory. Woe to the poor soul who hid away his pet pipes and papers where he thought he could "lay his hands on them in the dark." If the hiding place is one where dust could gather, his treasures are dragged forth to the light as pitilessly as if they were secret sins. The masculine members of the house are, in this whirl of cleaning, like the dove that, in the flood, found no rest for the sole of her foot. They must perch where they can, and wait till the waters subside. And after it is all over, and every closet and drawer has been emptied and re-arranged ; after sweeping, and dusting, and scrubbing, and polishing are at an end ; after the back aches and the head aches with the strain of the work, ten to one if the heart does not ache also over the dreadful unsatisfactoriness of it all. The siege is over ; dirt is vanquished, but after all the general aspect is much the same. The farm-house looks much as it did last year, perhaps a trifle more dingy and worn. Very possibly the husband and father, if they had no personal inconvenience during the process, would hardly know anything had been done. A weary sense of discouragement settles down upon women who, under such circumstances, feel that they gave their labor for small result. If it makes little or no difference to any body, what is the use of so much toil and pains ? No one need wonder if they grow less careful, the next year and the next, till at last the dirt that troubles nobody is comfortably let alone, and they waste no more strength on that for which no one really seems to care.

Except in rare instances, the woman who has a home of her own, be it ever so simple and plain, desires to make the spot as pretty as she can. The instinct toward neatness and beauty dies hard in woman-kind, but it can be utterly destroyed by the slow process of discouragement and the fact that nobody cares. The truth is, that human beings need not only to see cleanliness, but to see freshness and variety and change ; and the housecleaning should be no more an object of pleasure and interest to the woman than to the man. There is much that she can do without him. She can scrub the floor, but he could and

should whiten the ceiling. She cannot paper the walls, perhaps, though many a farmer's wife has done even that; but give her the money, and she will buy the paper and find some one to hang it. After her willing hands have scrubbed away last year's fly specks, any man who can handle tools can make the frames for screens for her windows and doors. If beside this he buys the prepared paints, and little by little gives a fresh coat to the various rooms, it is no more than his share of the task. Yet there are women who only ask the paints, and will attend to the rest for themselves. Without the background of occasional fresh paint and paper, the scrubbing is of little avail. With it, the woman has a fair field on which to display her taste and skill. Give her these and you may trust her for clear, shining windows, spotless and pretty curtains, fresh and bright coverings for lounges, chairs and tables; dainty wall baskets, well dusted book shelves, a few fresh ferns or flowers or a growing plant in the window. Give her the house with the essentials which she cannot get for herself, and you may trust nineteen out of every twenty women to make a pretty and attractive home. And when she has made it, it helps wonderfully if her husband acts as if he knew he had it, and enjoyed it. It is no special pleasure to a woman to create a comfortable and cozy sitting-room in which to sit and sew of an evening, while her husband sits by the cooking-stove in the kitchen and smokes his pipe and reads his paper, as if the pleasant and attractive quarter were not the place for him. Cleanliness may be next to godliness, and a very nice thing in its way, but why should we be content with being clean, when a little care and trouble and money would make our houses attractive and home-like as well? We all look forward to beauty as one of the charms of the many "mansions" towards which we surely and swiftly hasten. Why not cultivate our love of the beautiful here? We are not thinking of the people who are so poor that they cannot make any small outlay except for clothing and food; but of those who can. And of these we are asking only that which can be done consistently with their duty to others and to themselves. But a part of one's duty to oneself is to give every side of nature its chance to grow.

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#### HOW BABIES ARE MADE

Bad ventilation deforms more children and destroys more health than accident or plague. There is reason to believe that not a few of



the scrofulous diseases common among children proceed from the ignorant habit of being put to sleep in beds and perambulators with the head under the bedclothing, and so inhale air already breathed and further contaminated by exhalations from the skin. "Look here," said a doctor to a woman, "you are smothering the life out of your child's lungs. How would you like to drink the water you wash in? Well, when you cover the baby's head up you force him to use air that is just as bad, and just as impure."

### VALUE OF APPLES.

There is no better aid to digestion, in certain cases, than the cooked apple. It is a recognition of this truth—though doubtless the recognition came before the truth was fully appreciated—which assigns apple sauce as an accompaniment of roast pork, goose, and other rich meats, which are apt to make trouble with the digestive powers. The derangements arising from eating too freely of meats, of almost any kind, are corrected by the use of an apple regimen, the fruit being used either cooked or raw. Paradoxical as it may sound, the free use of fruit acids, of which the apple is the very best repository, tends to decrease that very common disorder, acidity of the stomach, the chemical action of the related elements changing the acids into alkaline carbonates, which tend to neutralize any acid condition of the system.

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### THE GRIP.

Many physicians still fail to believe in the profound difference between genuine grip and a heavy, sudden cold, which very often progressively develops into fatal pneumonia. No unquestionable microbe of grip has yet been clearly demonstrated; but it certainly has very suspicious resemblances to the diseases that are doubtless the result of attacks of bacteria on some portion of the human organism. It would be of great advantage to the community if people would treat it on a *a priori* assumption that it is a microbe-wrought mischief and is communicable—so that immediate isolation will be decreed when a member of a family is attacked. Even if the attack itself is light the after effects are often deplorably obstinate and severe, and the great number of cases reported this year as accompanied

by other complicating troubles, many of them chronic, suggests the notion that the person who already has some disease that has undermined his vital force, falls an early and easy victim to any communicable disease—and especially to the grip. There are strong reasons for believing that it is carried in garments. A volume could be made of authenticated cases of the communication of scarlatina through the taking out of folded away clothes—and, stale as the advice is, people should wash, fumigate and thoroughly disinfect after the grip. It begins to look as if the epidemic that started in Russia in 1890, and has practically encircled the globe, were never to receive its final quietus, and one reason for the lack of vigilance is that people do not appreciate the gravity of the mischief it works.

#### THE DANGERS OF WATERCRESS.

The following observations of Dr. H. W. Verdon, medical officer of health to the parish of Lambeth, contain much food for reflection. He writes regarding the connection between watercress and typhoid fever, not to mention diphtheria and other ailments. His observations are founded on several cases of typhoid which have occurred in Lambeth after the victims had eaten some watercress. He says: "From information obtained through the courtesy of the tradesman who had supplied part of the plants, I have had the opportunity afforded me of tracing this article to the place of its growth and completing the investigation. The watercress beds to which my attention was directed lie on the outskirts of London, and occupy a superficial area of twenty to twenty-five thousand square yards in extent. Through the length and breadth of the farm, which is terraced and subdivided into sectional beds, a gentle current is maintained through the steady inpour of a stream presenting the appearance of water that had traversed a peaty soil. The incoming stream, which is projected through what appears to be a common drain-pipe, enters the beds lying at the highest level, meanders through thick-set stalks of exuberant aquatic growth, reaches the sectional beds lying at a lower plane, and finally finds a vent into a wayside stream. A sample of water taken from the stream, at the upper beds, where the clumps of foliage are the thickest and the growth most luxuriant, was analyzed, and the process demonstrated the fact that this water, in which the watercress is cultivated, has all the chemical characteristics of liquid sewage, con-

taining innumerable colonies of micrococci and bacteria. From inspection of other farms in the same district where similar conditions of culture obtain, I am inclined to believe that the connection between sewage and watercress is a prevalent one, and that many cases of typhoid fever, diphtheria, and other diseases of obscure source derive their origin from the noxious elements of sewage that must at times be ingested when this popular green stuff is eaten. As watercress is an article included in the dietary of men, women and children of all sorts and conditions in life, the dangers attendant upon its consumption should be publicly known."

### TREES NECESSARY TO HEALTH.

It has been noted that the first settlers in heavily wooded sections of the country have generally been healthy, despite their many privations. The reason for this is that trees and plants of all kinds possess the power of absorbing poisoned air from decaying vegetation, besides which, the emanations from evergreens and the smoke from burning resinous woods are noted for the relief they give to those suffering from pulmonary diseases.

New heavily wooded countries, as already noted, are the most healthy for settlers, and they continue so for some years, as only a small portion of the forest can be cleared away each year. After the forest is removed and sunlight is admitted, the soil fills rapidly with vegetable mold, which decomposes more rapidly than it can be absorbed by the scant vegetation, and as a result the atmosphere is rendered impure and malaria becomes a common complaint. In view of these facts, people are beginning to understand the value of trees as disease-absorbing and health-giving agents. Naturally this leads to the question as to what trees are best for protection against disease.

On Long Island and in New Jersey there are localities surrounded and hemmed in with pitch pines, which are famed for their curative qualities in consumption, and the pines are thus indicated as valuable surroundings in pulmonary complaints. It would seem reasonable to suppose that trees having the largest leaves, and the most of them would be the best for this purpose, as such trees would undoubtedly have the most absorbing power. We have seen the Eucalyptus tree, mentioned as of special value, as a purifier of the atmosphere.

What is known as the Eucalyptus tree is described as follows : The leaves are about ten inches long by an inch wide and are oddly twisted, exhaling a strange camphor-like odor. The flowers are small and inodorous. It is an evergreen tree, remarkable for its rapid growth. It reaches the extraordinary maximum height of 300 feet, with a circumference of from thirty to fifty. The timber is hard, easily worked and very serviceable for keels of vessels, bridges, or for any purpose requiring durability. The tree supplies a medicinal preparation efficacious in throat affections and in intermittent fever. It has also a wonderful power in destroying malaria.

This tree has been introduced into California and in the south of Europe and in the north and south of Africa. A gentleman thoroughly acquainted with the subject informs us that the Eucalyptus tree will thrive in protected locations in New England, in which case it can, without doubt, be introduced to advantage in Pennsylvania and New Jersey. In our northern climate it requires especial care when young. In the southern states it would undoubtedly thrive, and should be planted for its timber, regardless of its health-giving qualities.

### DIET FOR THE SICK.

Milk is a diet in universal favor, and should never be forgotten as a food at once highly nutritive and easy of digestion. Some persons who, while well, are unable to take milk, have no such difficulty while sick. There are few patients who cannot take milk, either hot, cold, cooked, raw, with vichy, or with lime water.

In diseases of the kidneys milk is always a valuable article of diet. Sometimes it is better taken skimmed, or after the extraction of the butter it contains, in the form of buttermilk.

In spite of some adverse criticism, beef tea holds its place as a stimulant and nutrient for the sick. Unfortunately, it is seldom properly made. The beef should first be finely ground, then placed to simmer where it will not approach the boiling point too closely, until the raw beef color has changed to a delicate pink with a brown exterior. This process should occupy about twenty minutes. The beef should not be cooked to a gray color, which color indicates a coagulation of some of the soluble and nutritious albumens.

Good beef, finely ground, is itself almost the essence of nutrition, and in cases of chronic wasting diseases, it is as a rule digestible by

the weakened stomach, and is in the highest degree nourishing to the wasted tissues.

Ground meat may be gently pressed into cakes which, when carefully broiled, make a most palatable article of diet for the sick. Even in fevers a small quantity of finely ground beef is often tolerated, and is enjoyed more than clear beef tea.

The stimulating value of hot water is to be utilized with the sick wherever possible. Hot water promotes secretion better than cold, and is at all times a stimulant of no mean value. The Chinese are said to have numerous hot water shops in many of their cities, where this beverage is sold to an appreciative public. It would be well if such a beverage were to become popular with us.

Dry bread, at least two days old, is more easily digested, and more nutritious, than almost any other article of food, because it consists largely of starch. Rice and tapioca, thoroughly boiled, closely follow in ease of digestion and nutritive value.

Sugar, except in very small quantities, makes poor food for the sick on account of its proneness to fermentation. Fruits, with few exceptions, contain large percentages of sugar and of fruit acids, which latter, except in specific cases, are distinctly detrimental.

Fruits and thoroughly cooked vegetables are allowable only in convalescence, and then only in limited quantities.

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## **IMMEDIATE ACTION.**

PREPARATORY FOR THE DOCTOR.

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### **INFANTILE CONVULSIONS.**

Infantile convulsions are traceable to a great variety of causes, most of which lose their influence as the child increases in years. Among them may be mentioned intestinal irritation,—whether from improper food, constipation or worms,—flatulence and griping, teething, fright and cold.

As may be seen from the character of the causes, convulsions in the young child are very often transitory in their effects, and pass off without involving any part of the system in disease, although this is by no means always the case. It is also apparent that many cases of convulsion arise from a neglect of simple hygienic laws, and are amenable

to correspondingly simple treatment. One of the first things to be done in a case of convulsions is to alleviate the irritation of the nervous system which is almost always the cause of the trouble. This is best done by immersing the child in a bath of warm water, which may be made slightly stimulating, if required, by the addition of a teaspoonful or two of mustard. We must, of course, exercise due care that the child does not get chilled, and when taken from the bath he is to be wrapped in blankets immediately, no matter what the season of the year, and put to bed. He will generally fall at once into a quiet slumber.

When the cause of the convulsions is ascertained, we should lose no time in beginning treatment against it. If the bowels are constipated, they should be relieved by proper medicine, and the diet should be so regulated that danger from this source will be lessened in the future. Teeth that are pressing upon the gums sufficiently hard to cause them to turn blue, should be helped along with the lance.

Nothing can be more efficacious than the warm bath in breaking up a cold or in soothing the nerves of a frightened child. In children of peculiarly nervous temperament great care is sometimes necessary to ascertain the cause of the convulsions; a very slight irritation often starts a train of events which, unless we are fortunate enough to check it, may imperil the child with serious organic disorder.

A well equipped medicine cupboard should be supplied with poultice bags of various sizes. They should be sewn on three sides and a threaded needle placed with them, so that the fourth side may be quickly stitched. The superiority of a bag over a loose cloth, such as is generally used, will commend itself to all. In England, where linseed is the universal remedy for colds, flannel bags are used. A hint to the inexperienced is, that linseed, or flaxseed, (they are the same), should not be boiled when it is to be placed next to the flesh. When used in a bag boiling may serve to keep it hot longer, but the process causes it to cake.

The ability to find substitutes for the remedy which is not at hand is a valuable faculty, and it often happens that odd bits of information stored away in the brain come to mind when most wanted. Therefore these substitutes used by others are given place.

In the South yellow cornmeal is frequently made into a poultice,

where only heat is required. One who was in the habit of using this, and found it impossible to procure when away from home, substituted oatmeal, and with equally good results. Likewise a quick-witted woman, who was without a hot water bag, took a can of tomatoes which happened to be in the house, heated it thoroughly, and used it with good effect. It seemed a much safer expedient than the bottles so often brought into requisition. So, too, a physician in a hotel in Germany, being called in for a case of brain fever, lost no time in sending for appliances, but ordered a dozen bottles of mineral water, in siphons, to be brought to him, and with these proceeded to douche the head of the patient.

#### HOW TO TREAT THOSE WHO ARE OVERCOME WITH GAS.

1. Take the man at once into the fresh air. Don't crowd around him.
2. Keep him on his back. Don't raise his head or turn him on his side.
3. Loosen the clothing at his neck and waist.
4. Give a little brandy and water—not more than four tablespoonfuls of brandy in all. Give the ammonia mixture (one part aromatic mixture to sixteen parts of water) in small quantities at short intervals—a teaspoonful every two or three minutes.
5. Slap the face and chest with the wet end of a towel.
6. Apply warmth and friction if the body or limbs are cold.
7. If the breathing is feeble or irregular, artificial respiration should be used, and kept up until there is no doubt that it can no longer be of use.
8. Administer oxygen.

#### PHYSICAL CULTURE.

##### OVERWORK.

Overwork, in this country and in this generation, not only leads to various diseases and death, but it may be the prime cause of dethroning reason. This is more particularly true when the occupation is largely mental.

Not many Americans experience extreme poverty and want, but we as a people are ambitious and proud ; we are not satisfied to lead an humble life, with only enough of food, clothing and shelter for present needs, "we want the earth." We not only struggle for existence, but strive for luxury, wealth, political and social preferment. We live fast, we go by steam, do business by electricity, and turn night into day ; we earn our living with our nerves, not our muscles ; we exercise our minds more than our bodies. The development of the body and the preservation of the physical powers must not be neglected. Man's ability to continue in intellectual pursuits and to stand competition, depends not a little on the endurance which thorough development gives.

#### SOME REASONS FOR DAILY EXERCISE.

1. Any man who does not take time for exercise will probably have to make time to be ill.
2. Body and mind are both gifts, and for the proper use of them our Maker will hold us responsible.
3. Exercise gradually increases the physical powers, and gives more strength to resist sickness.
4. Exercise will do for your body what intellectual training will do for your mind—educate and strengthen it.
5. Plato called a man lame because he exercised the mind while the body was allowed to suffer.
6. A sound body lies at the foundation of all that goes to make life a success. Exercise will help to give it.
7. Exercise will help a young man to lead a chaste life.
8. Varied, light and brisk exercise, next to sleep, will rest the tired brain better than anything else.
9. Metal will rust if not used, and the body will become diseased if not exercised.
10. A man "too busy" to take care of his health is like a workman too busy to sharpen his tools.

ALL know that the less we exercise the less health we have, and the more certain are we to die before our time. But comparatively few persons are able to explain how does exercise promote health. Both



beast and bird, in a state of nature, are exempt from disease, except in rare cases ; it is because the unappeasable instinct of searching for their necessary food impels them to ceaseless activities.

Children, when left to themselves, eat a great deal and have excellent health, because they will be doing something all the time until they become so tired they fall asleep ; and as soon as they wake, they begin right away to run about again ; thus their whole existence is spent in alternate eating and sleeping and exercise, which is interesting and pleasurable. The health of childhood would be enjoyed by those of maturer years if, like children, they would eat only when they are hungry ; stop when they have done ; take rest in sleep as soon as they are tired ; and when not eating or resting, would spend the time diligently in such muscular activities as would be interesting, agreeable and profitable. Exercise without mental elasticity, without an enlivenment of the feelings and the mind, is of comparatively little value.

## **ONE'S HYGIENE.**

### **KEEP YOUR FINGER NAILS CLEAN.**

There is no one thing that condemns a man in good society as ill-kept finger nails. There can be no such thing as a gentleman with dirty finger nails, and men who aspire to the dignity of being well bred might as well understand first as last that they must keep their finger nails clean. Of course, it is the male servant's duty to look out for his master in this particular, where one is employed, but all men who are, in every sense of the word, gentlemen, cannot afford to keep a valet.

Money does not make a gentleman in this country any more than it does elsewhere, though there are plenty of people who think it does, and if you will keep a sharp lookout for this species of the human form divine, you will find they do not keep their finger nails clean. With a servant or without a servant, this trifle (as many consider it) is essential in the make-up of every well bred man. We do not mention women, for no woman of any class needs to be told anything so simple—they all do it—and they would no quicker appear in public with dirty finger nails than they would with a dirty face.

### HYGIENIC RULES.

Never eat anything before breakfast.

To avoid the overpowering temptation to do this, always leave your breakfast before you have a chance to eat anything.

Never work between breakfast and dinner.

To avoid the overpowering temptation to do this, have your breakfast and dinner so near together that you will not have time to yield to the temptation.

Conscientiously economize every moment of the time for digestion. Never let the precious moments run to waste.

In order to gain this time never work between dinner and supper.

Never be satisfied with what you have accomplished. Press ever onward in never ending activity.

In order that this rule may be strictly observed, as soon as you have digested your dinner eat your supper, that not a moment may be lost and the work of digestion may go on without interruption. Hundreds of years of precious time have been lost by careless men inadvertently permitting their digestive organs to run out of work.

Never work after supper.

In order to avoid the overpowering temptation to do this, never get through supper until it is too late to work.

Supper, nevertheless, should not be allowed to continue until it is time for breakfast. If it does, however, breakfast should be postponed until the supper is over.

If there ever happens to be an interval between meals, be not be embarrassed by the awkward pause. A properly trained man will keep right on eating through the interval.

### HEALTHY ABODES.

#### MENTAL AND MORAL FORCING-HOUSES.

It happens, alas, but too often that death takes out of the household the brightest and fairest flower and leaves the home desolate. There seems to be no reason that this affliction should fall upon these particular parents. They have loved their child well, have given it recreation ; they have nurtured and watched it closely. And yet the epidemic which has attacked neglected children, and has passed over

them lightly, has laid low the treasured, guarded darling of the grander house.

Frequently we hear the expression from all who have known the departed little one, "and he was *so* bright, exceptionally bright." Just here, in his exceptional brightness, is probably the cause of his early demise. We frequently blame teachers for cramming their pupils, but the parents are often more to blame than the instructors. Parents want their children pushed in school and out of school. If it were only *in* school that such was the case, the matter would be bad enough, but the child is forced mentally and morally at home, in a thousand ways, with which his teachers have nothing to do.

Fired with the effort of study, he must be forced to sit at the piano or take his violin in hand for an hour or two a day. If his memory is good, he is made to learn the greatest number of Bible verses for his Sunday school, and his fond parents sit and smile proudly as his name is read out No. 1, little recking the day when retribution shall fall upon them and smite them bitterly. If he is bright in any way of accomplishment, that is forced to an abnormal extent in order that he may "show off."

Nor is this the only way in which the plastic, developing infant mind is forced. It is forced through his affections. He is called upon to display tastes and judgments far beyond his years. If he be musical he is taken night after night to concerts and operas, when he should be in bed. If he possess a talent for recitation he is carried to the theatres to see the best dramatists, and he is carried through all the gamut of the emotions at an age when he should be thinking only of tops or marbles, and such a thing as love should have no place in his brain.

Indeed this abnormal cultivation of the emotions begins long before the time when he is taken to the theatre and opera. Dreadful stories are read to him about the good little boys that die young, all the tragic so-called "children's books" are read to him long before he is old enough to read himself, and the parent is gratified by seeing real genuine tears roll down the infant's cheeks over the sorrows of a stoned kitten or a dog who has had a tin kettle tied to his tail. Nothing is too horrible for some parents to read to their children, providing it goes under the name of "juvenile literature."

What wonder that a child whose emotions should have been stirred up far beyond his age, and whose brain has been cultivated at

the expense of true childish pleasures, who has in fact, been brought up in a mental and moral hothouse, should succumb to an attack of disease, which might be readily fought off by another whose nerves, brain and emotions were in a healthy condition of childhood?

### THE BEST DISINFECTANTS.

The old saying that dirt is healthful, no longer holds its ground in the light of modern research. Not all dirt is actually disease producing, it is true; but all places where filth accumulates, or where there is decaying matter of any kind, are very likely to afford abode and sustenance to any disease germs which may be floating about in the air. Here they multiply and wax strong, and lie in wait to attack the first animal or human being that comes along, whose vital forces are not strong enough to bar the entrance of these microscopic enemies. No soiled clothing should lie about sleeping apartments, no rubbish should accumulate in the attic, no rotten rags under the sink, no decaying vegetables in the cellar, no soiling matter or dust anywhere. Disease microbes do not crawl about actively like flies; they are invisible, living, organic dust, and can often be gotten rid of as such. The greatest sanitary safety lies in absolute cleanliness.

Powerful disinfectants are mainly useful in the hands of a reliable person, when disease actually exists in the house; but they lose much of their effect, unless all that can be done in the way of cleanliness has already been accomplished. They are substances which, in the liquid or gaseous form, are intended to meet and destroy all living disease microbes which may be floating in the air, lodged in the belongings of the sick room, or which cling to the person, or exist in the discharges of the patient. For all ordinary household sanitation, the mistress would better confine her efforts to bringing her house, its furnishings and its surroundings, into a condition as near to perfect cleanliness as possible.

In the prosecution of this sanitary work, sunshine and fresh air are also valuable aids. Direct sunshine is generally believed by investigators to be hostile to many disease microbes. If this be true, there is one more reason why sunshine should be freely admitted to all our rooms. Volumes of fresh air are extremely useful in sweeping out the microbe-laden air of dwellings, and especially rooms which have been used as sick chambers. In fact, the housewife has always three

powerful assistants at hand, by whose aid she may largely prevent the entrance and spread of disease in her home—soap and water (especially at the boiling point), plenty of fresh air and floods of sunshine. These are ordinarily the best disinfectants.

## EDITORIAL OUTLOOK.

### SEATS FOR SALES LADIES.

To obtain an amelioration in the lot of those who, as sales ladies, work in many cases a maximum of hours with a minimum of pay, certainly deserves the commendation of all right minded people, and we are glad to find that the question of providing such seats is again attracting public attention. It has always seemed to us an extraordinary thing that, notwithstanding the opinion expressed times without number by doctors and various commissioners that have been appointed to inquire into these and kindred subjects, on the question of seats being provided in shops, public opinion has not been roused sufficiently to insist upon so essential and so salutary a measure. Where, we ask, can the objection lie to such a simple measure of reform—a reform, moreover, that in the promotion of health, and consequently, an increased vital force, of the assistants themselves, would conduce to the material advantage and profit of the merchants? We have it on the authority of those who are well qualified to speak on the subject, that varicose veins, which are the cause of much intolerable suffering, are in some cases caused by long standing; and when we consider the hours that have to be worked by women in large establishments, and worked, it must be remembered, with the very smallest interval of rest, then it seems the refinement of cruelty to condemn them possibly to a life of suffering, and certainly a life of discomfort, by withholding from them the means of obtaining a little necessary rest. As a measure of expediency, as we have pointed out, this ought to commend itself to the employers of female labor, putting aside the merciful and kindly side of the question. The seats could surely be so constructed that they need not interfere with free movement behind the counters. And seeing that an active supervision is always exercised in shops and other establishments where large numbers of assistants are kept, there would be little danger of the assistants neglecting their employers' interests by the sacrifice of too much time to rest. It is not only in the interest of the assistants themselves, but also in that of the merchant and the public, that such seats should be everywhere provided. The former would be better in health, more active, willing and eager to please; the advantage to the shopkeeper would be that he would benefit by the cheerfulness and increased capacity to work of those in his employ; and the shopping public would have the satisfaction of feeling that they, by their agitation, had been the means of conferring an inestimable boon on a hard working and deserving class of the community.

THE publishers of the JOURNAL are now carrying out the preliminaries incident to the opening of our Summer Recreation Bureau for its third season, June 1st, and

we are now prepared to say by experiment, that it has become really a necessity in connection with this publication, and will hereafter be made a prominent feature.

Our new and handsome offices afford us a better opportunity to serve our friends more satisfactorily than ever before and we desire to reiterate right here, if any of our readers are now planning their summer outing, let us aid you.

In this connection, we desire to impress upon our hotel and transportation friends, that we want your printed information sent us at once. This is for your interests. With our June number the Bureau will be in full operation. Write us your wants.

WE hope our readers will not lose sight of our offer, which holds good until August 30, 1895. Send us 25 cents and we will send you the JOURNAL on trial one year. Any of our subscribers who will send us two subscriptions will receive our new binder free.

## LITERARY.

Among the many attractions of THE CHAUTAUQUAN for May, is an account of the queer customs that prevail in regard to certain public ceremonies in the city of London, among them the passing of the loving cup at the lord mayor's banquet, the annual distribution of livery cloth by the Court of Aldermen, and the observance of Plow Monday. The article is by a popular English writer, Mr. J. C. Thornley.

GOULD'S MEDICAL DICTIONARIES.—By George M. Gould, A. M., M. D., Ophthalmic Surgeon to the Philadelphia Hospital, editor of *The Medical News*.

THE ILLUSTRATED DICTIONARY OF MEDICINE, BIOLOGY, AND ALLIED SCIENCES.—Being an exhaustive lexicon of medicine and those sciences collateral to it: Biology (zoölogy and botany), chemistry, dentistry, pharmacology, microscopy, etc. Including pronunciation, accentuation, derivation, and definition of all words. With many useful tables and numerous fine illustrations. Large, square 8vo; 1,633 pages. Full sheep, or half morocco, net, \$10.00; half Russia, thumb index, net, \$12.00.

THE STUDENT'S DICTIONARY.—Including all the words and phrases generally used in medicine, with their proper pronunciation and definitions. With tables of the bacilli, micrococci, leucomains, ptomaines, etc., of the arteries, muscles, nerves, ganglia, and plexuses; mineral springs of the U. S.; vital statistics, etc. Small octavo, 520 pages. Half dark leather, \$3.25; half morocco, thumb index, \$4.25.

THE POCKET PRONOUNCING MEDICAL LEXICON.—(12,000 medical words pronounced and defined.) Containing all the words, their definition and pronunciation, that the student generally comes in contact with; also elaborate tables and a dose list in English and metric system, etc. 317 pages. Full limp leather, gilt edges, \$1.00; thumb index, \$1.25.

These books may be ordered through any book-seller, or upon receipt of price the publishers will deliver free to the publisher's address. Full descriptive circulars and sample pages sent free upon application.

In addition to their great work, entitled *THE BOOK OF THE FAIR*, the Bancroft Company will soon publish the "The Resources and Development of Mexico," written by Hubert Howe Bancroft, at the personal request of President Diaz, who issued a commission to gather fresh material from every quarter of the republic and aid Mr. Bancroft in every way in the prosecution of the work.

Women's colleges receive Dr. Parkhurst's attention in the May *LADIES' HOME JOURNAL*, and the vigor with which he treats the subject is unmistakable. His words open up new phrases of college training for women which will unquestionably command not only wide attention, but wide discussion. The fact that Florence Nightingale reaches the ripe age of seventy-five this month, is made the basis for an interesting sketch of "The Angel of the Crimea," as she is to-day, showing a new portrait of her and a view of her London home. Elizabeth Stuart Phelps is tenderly reminiscent of her father, the late Austin Phelps, in the series of "The Man Who Most Influenced Me." Edward Bok answers, with much force and directness, a page of "Problems of Young Men." There is a strong flavor of interesting biography to this number of the *JOURNAL*—sketches, with portraits, of the home lives and personalities of "The Wives of Three Authors," Mrs. George W. Cable, Mrs. Conan Doyle and Mrs. Thomas Hardy, being given on one page, while Frank S. Guild gives a sketch of the popular artist, Alice Barber Stephens, and Ethel Mackenzie McKenna writes of Marie Corelli. John Kendrick Bangs is irresistibly funny in his report of the sixth meeting of "The Paradise Club." The full score of the "Concert Mazurka," by the well known composer Bruno Oscar Klein, the piano composition which won the second prize in the *JOURNAL*'s musical series, is given. Exquisitely illustrated and timely articles are Mrs. Mallon's "Dainty Commencement Gowns," and "The Silks of the Summer." Miss Hooper writes of "The Newest Dress Designs," and Mrs. Hamilton Mott contributes a valuable article on "The Art of Traveling Abroad." Women who are ordering their summer stationery will be interested in Mrs. Garrett Webster's article on "The New Circle for Stationery." "Ecclesiastical Embroidery," by Harriet Ogden Morison, is illustrated from the original designs. The cover of this May *JOURNAL* is a reproduction of one of Albert Lynch's beautiful girls, set into an artistic frame. This beautiful magazine is sold at ten cents per number and at one dollar per year, by the Curtis Publishing Company, Philadelphia.

The March number of *THE MONTHLY ILLUSTRATOR* opens with a timely, valuable, and most interesting series of personal reminiscences of the late George Inness. The writer is the artist, Elliott Daingerfield, who was an intimate friend of the great painter, and shows the man Inness, as well as the artist, in a way that sheds double luster upon his name. The article is richly illustrated from examples of Mr. Inness's paintings, and is an important addition to our knowledge of him.

The second volume of the *STANDARD DICTIONARY*, published by Funk & Wagnalls, New York city, has come to our reviewer's table, and it is needless for us to say that probably a better publication, in every particular, never left the press of any publishing house. Compact and complete, it should find a place in every library in the

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land. When one takes into consideration that it contains 2,338 pages, 5,000 illustrations made expressly for the work, 301,865 vocabulary terms, which is nearly two and one-half the number of terms in any single volume dictionary, and about 75,000 more than in any other dictionary of the language, and 247 editors and specialists and 500 readers for quotations, all at a cost of nearly one-half a million dollars, an idea can be formed as to the enormity and completeness of the work. It sells for the following prices: Half Russia, \$12.00; full Russia, \$14.00; full Morocco, \$18.00 per volume. Address Funk & Wagnalls, New York, for further particulars.

## GENERAL NOTES.

THE original and only Actina Company have opened new and handsome reception rooms at 19 Union Square, New York. Their new circular has reached our reviewer's table, and their claims and testimonials are worthy an investigation and perusal. Catarrh in all its forms, is readily cured by their "wonder cure battery," and a visit to their offices will coincide with what we say.

WE receive into our advertising department announcements of the powerful anti-fat remedy, Phytoline, so widely known and manufactured by the Walker Pharmacal Company, of St. Louis, Mo. It is indorsed by the medical profession in every part of the globe. The company will gladly furnish any circulars desired to physicians.

SURROUNDED by all that nature can suggest, in the heart, nearly, of the Empire state, is located the Warsaw Salt Baths, at Warsaw, New York. We give our readers the words of Dr. S. S. Roden, F. R. C. S. C., for thirty-five years connected with the salt baths at Droitwich, England, which are similar to these baths, in reference to their treatment. In sciatica and lumbago the rapid curative power of the baths in these afflictions is very striking. Rheumatism, the beneficial action of the brine is marked in sub-acute and general articular rheumatism. Rheumatic gout, in the majority of cases, yields to the use of these waters, not rapidly, but ultimately. Strumous enlargement of the glands of the neck derive great benefit from the baths. The baths are very efficacious in chlorotic affections of young girls, anæmia, general debility, and St. Vitus dance. In uterine congestions and disturbances, dysmenorrhœa and menorrhagia, the curative value of these baths is very marked. Some of the most aggravated cases of St. Vitus dance have yielded after a few baths. In the condition of debility following disease, when home treatment seems at a standstill, a few weeks treatment at the baths will prove of marked benefit. One very important advantage these baths at Warsaw have over any in this country, is the fact that the Mutter Lauge, "Mother Lye," is made from the Warsaw brine and is used in their treatment. There is no other place in America, and but one in Europe, where this treatment in bath form can be secured. The salt swimming bath is situated in a detached building, and is proving a novel and interesting feature of the institution. Any persons being troubled with rheumatic and nervous troubles should give these baths a trial. Write W. F. Miller, the general manager, for circulars and particulars.

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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## ORIGINAL.

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### HEALTH AND DISEASE.

WILLIAM WATSON HALL, M. D.

As ceaseless as the flow of time, do multitudes of rivers empty themselves into the lakes of the north, and passing over the Falls of Niagara, move onward to the boundless sea! But if the outlet of the St. Lawrence were closed, the accumulated waters would soon pass their limits and devastate the Union, from the shores of the Atlantic to the mountains of the West. While steam is generating in a boiler and as regularly passes off to expend its force on the moving machinery, all is well, and if arrested in its progress, may be harmless for a moment, but the next moment witnesses a fearful havoc.

Coming down to things more familiar, to illustrations which meet every capacity, if water be constantly poured into a vessel, and is allowed an equal exit, no harm follows; but if all egress be prevented, there must be "a running over," and if that is not allowed, and the steam is forced in, the receptacle will be shivered to atoms.

It would seem that a point so plain as this needs no illustration, and that whenever the principle could be applied in practical every day life, it would not fail to be attended to by any considerable class of persons of even ordinary intelligence. It is from the habitual failure to act out this almost intuitive truth, that three-fourths of all the diseases arise, which torture the body, enfeeble the mind and waste the life of civilized man. Three-fourths of all our ailments occur, or are kept in continuance, by preventing the daily food which

is eaten from passing out of the body, after its substance has been extracted by the living machinery, for the purpose of renovation and growth.

A healthy laboring man will eat daily two pounds of solid food, of meat, bread, vegetables and fruit; these two pounds, if brought together in one heap, would fill to overflowing the largest size dinner-plate, and yet there are myriads of grown up men and women to whom the idea has never occurred, that if this mass is retained in the body, day by day, inevitable harm must accrue.

The question, What becomes of it? seems never to have occurred, or to have been definitely or intelligently answered. If a man eats two pounds daily, near two pounds daily must in some way or other pass from his body, or disease and premature death is a speedy and inevitable result. Taking food into the body is called eating, passing it from the body is called defecation, but for this term, the phrase, action of the bowels, will be used in these articles. If the body is in good health, and the instincts of nature are not suppressed, there is a proper proportion between the amount received and the amount passed out from the system.

The very moment that such proportion is altered, disease begins in all constitutions, and under all circumstances, nay, every additional hour of its continuance, that disease becomes more aggravated, more destructive, more difficult of arrest and more certain of disaster and of death. The object of passing food through the body is threefold in youth; in maturity, two; for growth, sustenance and repair only, that is nutrition; and the process by which the system separates the nutriment from the food is called digestion. The distribution of this digested material to the different parts of the body where needed, for the purpose of being incorporated into bone, flesh, nerve and tendon, is termed assimilation. The power which set the universe in motion, ordained that it should be kept in motion by an inherent property; thus we call "gravitation." That same power started the complex machinery of corporeal man, and endowed it with a capacity of continuance to the full term of animal life; this we call "instinct." The irresponsible brute has no other guide to health than that of instinct. It is in a measure absolutely despotic, and cannot be readily contravened. By blindly and implicitly following this instinct, the birds of the air, the fish of the sea and four-footed beasts and creeping things live in health, propagate their kind, and die in old age, unless they

wage war against one another ; living, too, from age to age without any deterioration of condition or constitution ; for the whale of the sea, the lion of the desert, the fawn of the prairie, are what they were a thousand years ago ; and that they have not populated the globe is because they prey on one another, and man in every age has lifted against them an exterminating arm. Man has instinct in common with the lower races of animal existence to enable him to live in health, to resist disease ; but he has in addition a higher and nobler guide, it is Reason. Why he should have been endowed with this additional safeguard is found in the fact, that the brute creation are to be used for temporary purposes, and at death their light goes out forever, but man is designed for an immortal existence, of which the present life is the mere threshold. He is destined to occupy a higher sphere and a higher still, until in the progress of ages, he passes by angelic nature ; rising yet, arch-angels fall before him, and leaving these beneath and behind him, the regenerated soul stands in the presence of the Deity, and basks forever in the sunshine of His glory. "A dying man can do nothing easy," were the last words of the immortal Franklin.

A diseased man can do nothing well, are the words of our own, quite as true. If anything should be well done, it should be the preparation which is needed to fit us for the exalted condition which has just been described, and to do it well, the highest health, and the longest life, should be sought by all.

Such a preparation should be made under the most favorable of all possible conditions, and it is to no less an end that these articles have been conceived, to wit, to show the reader how health may be maintained, and how disease may be averted to the utmost limit of human life, that by the aid of health and length of days, the most perfect preparation possible may be made for the immortal existence beyond and in this light, who shall deny that Health is a duty. Echo answers, "Disease is a crime !"

(TO BE CONTINUED.)

### CACETHES SCRIBENDI.

R. L. PATTERSON, M. D.

Is the name of a new affliction, according to the present nosology of diseases, which causes many persons to rush into print to chronicle their thought and discoveries. In the present period of our existence,

when every young man and woman who passes the high school aims either to preach, plead or physic, I will give a few general symptoms of this new affliction. Persons predisposed to this influenza should have a tomb for the reception of what they write for publication, and place it therein for a few weeks, and the chances are that it will be greatly modified before it is handed over to the publisher, if not destroyed. The same state of affairs exists to some extent in medical literature. Members of the medical profession who are in possession of a cheap, wild and woolly medical education are anxious to record their alleged discoveries over their own signatures, rush into print with alleged specifics, only to find some one else in possession of the same or similar experiences. If they were in possession of a sound medical education, backed up by close observation and experience, their discoveries would only be common-place affairs, and they would not fall into the habit of hobby riding the balance of their days. The discovery of truth is also the discovery of ignorance. For example, a member of the medical profession east, discovered that if the habits of the human family were correct in one respect, they would sail along smoothly until some organic or infectious disease attacked them, consequently he is now selling his clysteric knowledge at four dollars per capetum to the common herd (what a bonanza he would reap if they were all credulously gullible; you might fool some people all the time, but I do not think you could hang it on to a jay-hawker once), tools and aqua fero not included, professional men only one two-cent stamp. The purchaser of this secret must sign an obligation not to divulge the *modus operandi* to the uninitiated. (In his circular setting forth the virtues of this pernicious proceeding for all the ills flesh is heir to, except premature baldness, it will not quite reach the capillary of the cranium substance.) He is careful not to intimate that the same results might be obtained much more pleasantly and conveniently by the use of proper food and, perhaps, some digestive tonic, combined with healthful exercise. The proper definition of a quack is one who has but one remedy for all diseases, and when this fails, people who patronize this variety of talent simply resort to some other quack or electrical belts. The true physician is one who has a class of remedies for each disease. The term Physician is derived from the Greek, and strictly means a naturalist or a natural philosopher; that is the physician is one who studies nature and applies the knowledge gained thereby. Every physician should not only be acquainted with the natural history of man, but natural

history in all its departments, for one part cannot be well understood without a knowledge of the whole. I am pleased to say that the true physician generally has this knowledge. Many of our best naturalists, such as Packard, Mirrot, Cape, Jordon, Hayden, Gray, Huxley, Carpenter, Darwin, Leidy, Wilder, Hooker, Agassiz, are, or were, physicians.

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## EDITORIAL PARAGRAPHS.

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### EARLY RISING.

Many literary men seem quite regardless of the fact that their health depends greatly upon the degree of rest, study, and exercise taken ; as much so, in fact, as upon the nature and quantity of their food and clothing, and the intervals between their meals. Retiring to bed at an early hour, and rising early, are habits which would be found highly conducive to their health, and well adapted to prepare them for going through their day's work with a refreshed and cheerful spirit. It is also a business-like habit, and that is no small recommendation of an author in the eyes of those from whom he would wish to find encouragement and employment. Let it be remembered, too, that nearly the whole of our great men ascribe the extent and success of their labors to their having accustomed themselves to go early to bed and rise early in the morning, and to this many have attributed their excellent health and length of life. We can at least speak for ourselves, not that we rise particularly early, but that we follow a rule of going early to bed, and insuring, as far as possible, a good sound sleep. Sound sleep is in fact indispensable to the health of men daily engaged in literary pursuits ; without this species of pacification, the nervous system becomes overwrought, and bad health in various distressing forms is the result. Let it, therefore, not be forgotten that early rising is valuable only so far as it insures early retiring to bed, and the habitual tranquillization of sleep.

Homer, Horace, Virgil, and numerous other ancient writers, were early risers. But not to go back to so remote a period, let us restrict our examples within the last three centuries. Sir Thomas More, who assures us it was by stealing time from his sleep and meals that he was enabled to complete his "Utopia," made it his invariable practice to rise at four ; and he became so well convinced of the excellence of the



habit, that he represents the Utopians as attending public lectures every morning before daybreak. When Bishop Burnet was at college, his father aroused him to his studies every morning at four o'clock ; and he continued the practice of early rising to the end of his life. Bishop Horne states that, during the composition of his very excellent version of the "Psalms," "he arose invariably fresh as the morning to his task." Sir Matthew Hale always rose early, and studied sixteen hours a day. Addison, when sojourning at Blois, rose as early as between two and three in summer, but remained in bed until eleven or twelve in the depth of winter. Dr. Doddridge says it is to his habit of early rising that the world is indebted for nearly the whole of his valuable works. Fabricius states that "Linnæus arose very early in summer, mostly about four o'clock ; at six he came and breakfasted with us, about one-eighth of a league distant from his residence, and there gave lectures upon the natural orders of plants, which generally lasted until ten." Dr. Tissot says that Zimmerman was accustomed to rise very early in the morning, and wrote several hours before he began his professional visits. Paley, who, in the early part of his college career, frittered his time away in the society of idle and extravagant acquaintances, was one morning awakened at five o'clock by a friend, who reproached him with the waste of his time and of his strong faculties of mind. Struck with the justice of the rebuke, Paley, from that time forward, rose at five o'clock every morning, and continued the practice ever after. It is easy to conceive how this excellent reform contributed to the achievement of the celebrity of the author of "Evidences of Christianity," "Moral Philosophy," etc. Bishop Jewell rose regularly at four ; and Dr. Parkhurst, the philologist, at five in summer and six in winter, in the latter season always making his own fire. Franklin and Priestley, among our philosophers, were early risers. It is to the hours he gained by early rising that we owe the numerous volumes which issued from the pen of Sir Walter Scott. He arose at five o'clock, and lit his own fire, when the season required one. By six o'clock he was seated at his desk, which he did not leave till breakfast time, between nine and ten. After breakfast, he devoted two hours more to his solitary tasks, and by noon he was, as he used to say, "his own man." When the weather was bad, he remained at work incessantly, all the morning ; but his general rule was to be out on horseback by one o'clock, at the latest. While, if any more distant excursion had been proposed overnight, he was ready to start on it by ten ; his occasional

rainy days of unintermitted study forming, as he said, a fund in his favor, out of which he was entitled to draw for accommodation whenever the sun shone with special brightness.

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### ON "CATCHING COLD."

The real cause of catching cold is a chill. We must inquire how a chill affects the bodily functions. The temperature of the body in health is kept constantly at 98.6° F., and this is accomplished by means of nerve influence, which regulates not only the production of heat, but also the amount which is dissipated by means of the skin. If we are exposed to a high temperature (as in a concert room in winter or by reason of powerful sunshine in summer), the fine blood vessels on the surface of the skin become dilated and filled with blood, so that more heat than usual is lost; while if we are exposed to a low temperature (when we leave the concert room or on an autumn evening), the blood recedes from the surface of the body, and less heat is lost. The volume of the blood remains unaltered; it consequently follows that the regulation of the bodily temperature depends upon an unequal distribution of the blood, and when the skin receives less than the usual supply, some of the internal organs must receive more. Let us imagine a person sitting in a draught. We are always doing so, and in the vast majority of instances, nothing happens—and, in fact, the sensation is more grateful than otherwise. But occasionally we feel chilly, and when we wake next morning we find we have caught cold. A cold generally affects the upper part of the air passages—the throat and nose. A feeling of discomfort and dryness is experienced, and we feel out of sorts. This may pass away, or we may have running from the nose, which gradually subsides, and we are usually quite well again in two or three days. What happened? The blood was diverted from the skin to the throat and tonsils, which became congested in consequence. The balance was not restored as is generally the case, and the excessive congestion resulted in a slight inflammation. Excessive dryness is felt, eventually followed by increased secretion. Once this condition is induced, even over a small area, instead of remaining limited, it may extend and an attack of bronchitis may be developed. Of course, if we were originally much over-heated, as after great physical exertion, the sequence of events I have described is more likely to occur—the initial congestion is naturally intense, less likely to be allayed, and a cold is more

probable under such circumstances. Another method of inducing chill depends upon the habit of wearing too thin boots, and the feet become cold—perhaps the day is damp or wet. Or we may change our clothing so that we become more susceptible to atmospheric influences—indeed, colds are more frequent in the spring and autumn, when the temperature is apt to vary greatly. There is sound sense in the old adage, “Ne’er cast a clout, till May be out;” in fact, it is always wise to adapt our clothing to the weather rather than to the season.

It is a matter of common observation how often a cold “spreads through a house.” One of the inmates catches cold, then the rest follow suit. They did not all take chills. It would be absurd to imagine such a series of accidents. The real explanation is that a common cold very often becomes infectious, just like measles, for example; so that, for the sake of prudence, it is always wise to avoid too near association with any one suffering from a cold. The ultimate effect of a chill depends upon the individual. If he has a weak spot the cold “settles there.” If his lungs are weak then bronchitis, or even inflammation may result; or perhaps the kidneys may suffer, or acute indigestion may follow. We can easily understand the reason—reaction is feeble, so that the normal condition of the organ is not restored.

Coughs are even more common than colds. A cough is due to the irritation of a part of the air passages or of the nerves supplying them. In bronchitis, for example, the cough is due to the presence and accumulation of mucus, and is the effort of nature to dislodge it. Very often, however—and these cases are too frequently overlooked—a cough is due to local causes. The tonsils may be enlarged, or the uvula—that little tongue dependent between the tonsils—may be swollen and elongated, or there may be small granulations on the back of the throat. In these cases local treatment is necessary, and drugs are, for the most part, of little service. Cough may also depend upon a reflex irritation from the ear (it is known that the bad habit of picking the ear with the head of a pin often induces a cough), or from a disordered stomach (the morning cough of many people is closely dependent upon dissipation the previous evening). The nerve may even be irritated directly by the presence of a tumor pressing upon it. The cough, in these cases, has a distinct character—it is stridulous. And other affections as well may be recognized by a characteristic cough: *e. g.*, we all know the peculiar spasmodic cough of whooping, and the short, hacking, painful cough of pleurisy. The absence of secretion, as in the

early stages of bronchitis, makes the cough hard and dry; as the secretion increases it gradually becomes softer and loose. A cough may, therefore, give valuable indication of disease. Although due, in the majority of cases, to transient causes, it is never safe to neglect its indications. Persistent cough is often the first sign of commencing disease in the chest, unless it be due to local causes operating in the throat. In any case it is best to seek advice. Not only is a cough a proof of personal ill health but it is always a source of public annoyance.

### THE IRRITABLE HEART.

In many supposed cases of heart disease, the sufferers exhibit symptoms sufficient to alarm those who are unaccustomed to the true disorder: It has been said by one who has given his life to the study of disease of the heart, that a sufferer from heart disease is rarely cognizant of the fact; a statement which is true, if we except those acute attacks which, of course, point out their own diagnosis. Chronic disorders are almost invariably insidious in their workings, or at any rate give no symptoms which point the patient directly to the seat of the trouble.

There is a disorder of the heart, however, which is marked by every symptom of distress of that organ, and which is almost always confused with the graver forms of heart disease, but which, if properly and early treated, ends in recovery.

Palpitation of the heart, or irritable heart, as the disorder to which we refer is called in text-books, is undoubtedly of a nervous origin. It is characterized by more or less irregularity of the rhythm of the heart's action, generally with a tendency to increasing frequency of its movements. The trouble is caused by excesses in eating, drinking or working, by grief, anxiety or fear, or by any disease or sudden strain which imposes an extra amount of work upon the heart.

Usually, palpitation of the heart comes on suddenly, as a result of one of the causes mentioned, the symptoms presented being oppression over the heart, pain, rapid and tumultuous breathing, dizziness and faintness. The sufferer also experiences a choking sensation, which is aggravated by lying down. The attacks are usually sudden, and are followed by a feeling of extreme exhaustion, and even total insensibility.

As we have already said, the disease need have no terrors if the proper treatment is early applied and properly carried out. Of course, the first step is to remove whatever may seem to be the exciting cause

and to remove as far as possible every source of irritation. Tea, coffee, tobacco, alcohol, etc., should be entirely prohibited.

A course of tonics should be prescribed by the family physician who should also be permitted, by a thorough examination, to establish an exact diagnosis of the case.

### SPECKS BEFORE THE EYES.

Specks before the eyes, or *muscæ volitantes*, are of common occurrence in connection with megrim, or sick headache. They often occur, however, without any accompanying headache. Their great characteristic, according to the "Family Physician," is their incessant movement, for by no effort of the will can they be quiet even for a moment. They come into the field of vision, traverse it, and then suddenly disappear. Sometimes they are black and at others quite bright, like little specks of light. They are seen quite as distinctly when the eyes are closed as when they are open.

They may occur at any age, but are most common in those who have passed the meridian of life, and often enough they are associated with short-sightedness. Sometimes they depend on an abnormal perception of particles of dust floating in the fluid which moistens the eyes, at others, they are due to little particles floating about in the interior of the eye itself. They are usually most troublesome when the eyes have been tried over any fine work, especially if performed by candle light, and they are intensified by worry and anxiety, or by anything that overtasks the brain or lowers the health. They do no harm, and as a rule cause no inconvenience. They may last for years, and then, perhaps, from some change in occupation or mode of life, take their departure.

If they are persistent and cause much uneasiness, it would be as well to have the eyes examined by an ophthalmic surgeon, to see if they are sound. Should no fault be detected, the patient cannot do better than live quietly and steadily, keep in as good health as possible, and ignore them. They should not be looked for. Plain glasses of neutral tint or dark cobalt blue may render them less apparent.

When there is anæmia, iron will often effect a cure. In other cases belladonna may prove useful. Sometimes we meet with specks before the eyes which, instead of being in constant movement, are quite stationary. These are of more serious import, and may be the precursor of cataract or other organic disease of the eye. They are

often associated with impairment of vision. In these cases an ophthalmic surgeon should be consulted.

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### MORE POISON THAN YOU THINK.

No smoker realizes how much nicotine he has taken into his mouth in the consumption of a cigar until he has tried this experiment: Fill the mouth with smoke, when the cigar is burning freely, and breathe it out slowly through a handkerchief, compressing the lips until only a small aperture remains, as in whistling. After the smoke has been exhaled a distinct brown stain will be seen on the linen, and it emits a strong odor, like that of an old pipe. This is nicotine, the poisonous principle of tobacco, and more or less of it is absorbed through the mucous membrane every time that a cigar, cigarette or pipe is smoked or tobacco is chewed.

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### FATS AS FOOD.

Fats, including all palatable oils, are valuable as foods, and under favorable conditions may be digested and absorbed in considerable quantities by a healthy adult. A study of physiology shows that nature has bestowed great attention upon the means for the digestion, absorption and assimilation of fatty substances by the human body. This fact may be taken as an indication that fat is naturally a beneficial food. Yet it is a popular supposition that fat is unwholesome; and in many cases the eating of fat does cause discomfort and stomach disorder.

To live naturally, every one should spend a part of the day in physical exercise, preferably in the open air. Exercise is requisite for the digestion of fat. Lack of exercise is one reason why, in many cases, fats "disagree" with the eater.

The digestibility of different fats varies. Butter and cod-liver oil are in the front rank as regards ease of digestion.

It is not easy to over estimate the value of cod-liver oil as a tonic for a child born with an inclination to consumption, as indicated by coughs, lameness, or curvature of the spine. The value of good butter in the same connection is not widely enough recognized.

The writer was recently asked by the anxious mother of a young girl of consumptive tendencies whether her fondness for butter was not unnatural and harmful. To such a person the taste for fatty foods is a natural craving for a perfectly proper and wholesome food. The crav-

ing should not be discouraged at all ; but plentiful indulgence in outdoor air and exercise should be insisted upon as a necessary condition of digesting the fats; otherwise symptoms of stomach disorder will appear; blotches and pimples will often occur upon the face, and general ill health will result.

Fatty, heat-producing foods are especially called for in winter. Chemistry demonstrates it, and it is proved also by the wide use of fat in cold regions, both by animals and by men.

A dressing of olive oil greatly increases the food value of the common potato, and at the same time adds much to its palatability.

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### HOW WOMEN KILL THEMSELVES.

Mothers, wives and housekeepers are too hard on themselves. They get old too soon and die too early doing things that might be left undone. A woman who has to do her own work should devise ways and means of simplifying things, so as to save labor, save time and save herself. Instead of getting hard hands and raw knuckles washing clothes on a tin washboard every Monday morning in the week, do as the teachers in the schools of domestic science do—wash the spots off the table cloths, the collars and cuffs of the waists and shirts, and the heels and toes of socks and stockings in a basin of warm water ; then soak the white clothes all night, wring them out so as to squeeze the dirt as well as the water from them, and boil them in two waters if necessary with a lot of soap, a little bluing and not a scrap of soda or washing chemicals ; rinse two or three times, but don't wear out a good pair of hands ; use a clothespin to feed the wringer.

When the wash is dry, instead of wasting a whole day dampening, folding, unfolding, ironing and refolding plain clothes, fold them once or twice and pass through the wringer. This mangling is ironing enough of pillow cases, sheets, towels, hosiery, merinoes, etc.

A poor woman is unjust to herself to put tucks and ruffles on pillow cases and her children's clothes. The precious time it takes to trim and launder these articles could be better spent in physical culture, self-preservation or self-help.

There are countless treasures in free libraries and free art galleries, there are trade openings, public school classes, industrial organizations and city churches where people are welcome and where some things, educating or refining, can always be learned.

It is good to keep the kitchen floor clean, but oilcloth is so cheap that the poor knees and back and hands might be saved. It is such a prodigal waste of raw material, this eternal scrubbing.

A baked pear and a cup cake may be bought for two cents ; if there are six in the family this wholesome desert will cost 12 cents, and yet a poor, benighted mother will spend 30 cents and an hour or two making a pudding for dinner or a loaf of cake that cannot begin to be as appetizing as the fruit and toasted cookey.

What society needs is organization to prevent mothers of large families and wives of poor men from being so cruel to themselves.

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## **IMMEDIATE ACTION.**

### **PREPARATORY FOR THE DOCTOR.**

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#### **SOME SIMPLE REMEDIES.**

The terrible pangs of a felon are cut short by the application of intensely hot water. Have the water as hot as can be borne, place the finger in and keep renewing the hot water for several hours.

A large proportion of all cramps and pains can be relieved by water of proper temperature and intelligently applied.

In case of burns from acids or alkalies, use cold water freely, as every application will tend to dilute them and render them less liable to injure the skin.

In case of a wound where there is considerable bleeding use cold water applications freely. For bruises, the immediate application of cold water, or some evaporating lotion—such as camphor or weak tincture of arnica—is the best treatment for alleviating suffering and hastening the absorption of blood.

When a sprain occurs, lose no time in attending to it, however trivial it may appear. Ascertain whether there has been a fracture or dislocation. If so, send for a physician as soon as possible and keep perfectly quiet until he arrives. If there is no fracture or displacement of bones, but only excessive swelling about the joint, bathe the injured member in as hot water as possible. Bathe for fifteen to thirty minutes, renewing the water occasionally and applying with a sponge. Then wrap the injured member in strips of flannel saturated with hot water and cover with dry cloths. Do not use the sprained member until recovered. Complete rest is the only cure for a sprain.



For bleeding from the nose, hold a sponge saturated with cold water to nostrils and nape of the neck. In case this does not succeed the bleeding can be stopped by vigorous action of the jaws. If a child, a wad of paper may be placed in the mouth, and the child instructed to chew hard. It is the motion of the jaws that stops the flow of blood.

To ease rheumatic pains, boil a few potatoes and use the hot water in which they were boiled. Dip some cloths in, wring out, and apply as hot as possible. A small vegetable press, such as are retailed for twenty-five cents, is excellent to wring out hot cloths. It saves time and scalded hands.

In case of a cut or jagged wound, smoke the wound with burned flannel on which has been placed a small quantity of sugar. Sprinkle a little sulphur over the wound and tie up with bandages and it will heal immediately. A very dangerous wound, made by a sewing machine needle, where the needle fragments were found to have been bent almost double against the bone, was cured in this manner. The danger of lockjaw and the extreme pain were entirely removed by holding the injured finger and arm over the smoke of woollen cloths burned over the coals.

IN ATTACKS OF PNEUMONIA.—Take six to eight onions, according to size, and chop fine ; put into a large spider over a hot fire and add about the same quantity of rye meal and vinegar enough to form a thick paste. In the meantime, stir it thoroughly, they let it simmer five to ten minutes. Then put it in a cotton bag made large enough to cover the lungs. Apply to the chest as hot as the patient can bear. When this gets cool apply another and thus continue, reheating the poultices, and in a few hours the patient will be out of danger. Usually three or four applications will be sufficient, but continue until the perspiration starts from the chest.

The first thing to do for a child in cases of croup is to put his feet into as hot mustard water as he can bear, and be sure that the room is very warm. If possible, put him into a hot bath, and then quickly drying him, put him in bed between blankets. Even before putting him in bed give him syrup of ipecac in teaspoonful doses until he vomits. For external applications take two tablespoonfuls of turpentine and four tablespoonfuls of goose oil, or sweet oil, or lard oil, mix well, and rub thoroughly on the outside of the throat. Saturate a flannel and lay it over the chest and throat. Hot bricks, or

bottles filled with hot water, should be placed at the child's feet and at the sides of his body to induce perspiration. Keep him carefully covered. After the vomiting the bowels must be kept open with syrup of squills. The best drink for the child is slippery-elm water. Give plenty of nourishment to keep up the strength.

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## PHYSICAL CULTURE.

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### DANGEROUS EXERCISES.

It takes a great deal of good judgment to manage athletics and exercises of all sorts. More people do themselves harm by going to extremes in matters of this kind than the world is willing to admit. The difficulty is that, half the time, the victims of foolishness do not know what the matter is with them until the harm is done, and frequently are unaware of the cause of their sufferings.

Physical culture has been lauded to the skies, and it is deemed impossible that there can be any wrong or harm in it. It is of the utmost importance that those who are beginning training of any sort, should use the greatest care and deliberation in all that they do, and thus avoid injurious exercises and possible evil consequences that may never leave them.

It seems but a little thing if one strains a muscle, but such an accident has caused a lifetime of misery. Any exertion that causes a straining of the muscles should be avoided. This is admitted by every one, but no one seems to take into consideration the fact that the very worst overstraining can come from one's favorite exercise, or by means of a few simple movements that appear to involve but little tax on the strength. Not long ago a young woman applied to a physician for advice about a serious pain in her side. She had been suffering for some time, and it had increased in severity until it was most incessant. It took some time for the doctor to get any clue to the cause of the trouble, but finally it developed that she had been in the habit of taking certain gymnastic exercises, with her hands on her hips, the fingers pressing forward over the sides. This at once furnished the key to the situation. The continual pressure of the finger tips in front of the hip bones had created an inflammation that became a rather difficult thing to handle, and so for months she had suffered, and merely because no

one had seemed to discover that the constant pressing on a sensitive spot might do a great deal of harm.

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The spasmodic method of the clergyman is the natural method. The beast of prey, for example, does not spend his whole time, day after day, pottering about the forest in a routine manner. On the contrary, he goes off for a vigorous, well sustained hunt, and then, having gorged himself on the proceeds, he lies down to repose and meditation, until some further and pressing necessity for action arises. Great men—who are always much closer to nature than ordinary men—follow the same plan. Daniel Webster, for example, never constructed his stupendous legal and forensic arguments by so many "days' work," as the phrase is, duly separated by eight hours' sleep every night. His habit was, after preparing himself by a slight dose of medicine, a long nap and a moderate repast, to perform his task by one mighty and continuous effort. And Mr. Webster's capacity for loafing between whiles was as monumental as his intellect. Extraordinary tension cannot, indeed, be endured without an antecedent period of repose, any more than a tiger can spring without first crouching.

It is a remarkable fact, too, that as civilization advances, the spasmodic instead of the routine system of labor begins to recur. English professional men of the present day work very hard while they are at it, but they take long vacations. More work is done now than formerly, but it is done with a rush, and the intervals of repose are longer. Thus extremes tend to meet; and the typical man of two or three centuries hence will, doubtless, approximate still more in his habits of exertion to the lion, the bear and the fox.

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## **ONE'S HYGIENE.**

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### **CARE OF THE HAIR.**

It is curious to note in assemblies of people at church, concerts, balls and public meetings, what a large proportion of young gentlemen have a very thin covering of hair on their heads, or are partially bald, notwithstanding the numerous advertisements for preparations to prevent loss of hair. It is also known that many young ladies have very little hair growing on their heads, while the increasing number of ladies and gentlemen in early life, whose heads are sprinkled with white

hair, is quite startling, although advertisements abound announcing "No more bald heads." "No more gray hairs." To many sensitive persons these conditions of the head cause anxiety and determination to "try" something of which they have heard or read, by which they hope to gain a good head of hair. But how difficult to choose without an intelligent knowledge of what a hair is !

The revelations of the microscope have dispelled the popular idea that "a hair is a hollow tube," consisting of a root, shaft and point, receiving perpetual fluid nourishment from the body, which fallacy led to cutting or shaving the hair off the head of any one in delicate health. Likewise, when the hair was cut, the points were singed lest the fluid should ooze out and be wasted. Now, a root is that portion of a plant which descends into and fixes itself in the earth to draw out nourishment for the plant. But a hair has no part of its structure which either descends or draws nourishment for itself. The thickened bulbous end of a hair, which may be perceived on one pulled out of the skin, looks like a root, but it is only the newly formed part of the hair, immature, sometimes flaccid, and shaped by the lower part of the follicle or sheath in which it is formed, ready to be pushed upward into the narrower part of the follicle and molded into the shape and thickness it will retain. The microscope shows that the skin has three layers—the outermost, called the scarf skin, cuticle, or epidermis ; the second layer, called the *rete mucosum*, or *rete malpighi*, and the third layer, called the *cutis vera* (true skin), or *derma*. When the skin is first formed, minute depressions are made in these three layers, which are named sacs or follicles, and it is in these tiny follicles that the manufacture of hair commences, by the depressed skin absorbing from the blood vessels and oil glands a supply of carbon, hydrogen, nitrogen, oxygen and sulphur, which gradually evolve a fibrous structure called hair, in which can be distinguished the outer scaly covering called *epithelium*, the inner fibrous or cortical tissue, and the central coloring matter called *medulla*.

The fibre grows on an average six inches a year, but it is quite dependent on the skin for quantity and quality, and has no inherent power of sustenance or capacity for remaining where it has grown, and is so low in the scale of organisms as not even to be parasitic, but may best be defined as an epidermal appendage. Since the days of Samson and Absalom, an abundance of hair has been synonymous with bodily health and strength, and *vice versa*. The prophet Isaiah, foreseeing

the suffering of the Jews, observed among other calamities, "instead of well set hair, baldness."

Many attribute the increase of baldness in this generation to increased mentality, due to and arising from the strain put upon all classes from the time, when at school, their nerves are at high tension to fulfill the requirements of each "examination," until they are placed in the battle of life as mechanics, professionals, scientists, traders, etc. Were this the case, we should expect to find those who have touched the highest rounds of the ladder of life to be the most marked specimens of hairlessness. But, on looking at portraits of poets, painters, politicians, scientists, etc., it is evident that baldness is less frequent among them than among average citizens.

History and science show that whatever enfeebles the skin disturbs the growth of the hair. Atmospheric and other external influences, impaired digestion, lowered vitality, disordered nerves, inflammations, and other internal conditions, reduce the supply of material for replenishing the tissues of the body, and then nature economizes by first supplying the most vital parts with needed nourishment, leaving the skin impoverished, which causes loss to the epidermal appendage, and if nothing be done to assist nature, the manufacture of hair is lessened or suspended. Well, what is to be done?

The first thing some people do when they observe their hair falling is to wash the head and hair thoroughly with soap and water, but, as the skin is already lowered in vitality, and the oil glands are sufficiently supplied with sebum, washing with water and soap, or other alkaline preparations, will further empty those glands, the water will unite with the salts contained in the oil and produce a chemical change by which the sebum, instead of nourishing the hair and keeping the skin supple and elastic, becomes a hard, waxen plug, unable to carry on its beneficent work; the skin contracts, the follicles are diminished in depth, and the hairs are shed.

The best thing, therefore, to be done, is to consult a specialist, one who understands dermatology and trichology, who can so diagnose each case as to select the best preparation for rectifying the disordered conditions, and supplying the skin with suitable nourishment and stimulation to produce satisfactory hair, because organization and environment make such a difference in individuals, that there cannot be any single pomade, oil, or wash compounded to meet the requirements of every head in all circumstances and emergencies of life.

## HEALTHY ABODES.

**A HEALTHY BEDROOM.**—There was shown at a recent American exhibition a hygienic bedroom, in which everything was washable. The apartment was decorated very prettily, too. The paper on the wall could be washed if necessary—a very important thing in cases of sickness from infectious diseases. The plain painted furniture was pretty and comfortable; the air mattress on the bed was absolutely cleansable, and so were the washable draperies on the walls.

**HOUSE CLEANING.**—Although almost all authorities on house cleaning say, begin at the garret and end by sweeping the last bit of dust out of the kitchen, my theory and practice is to reverse this and begin in the kitchen. The kitchen must necessarily be whitewashed once a year, and if the family are living in the house, a great deal of dirt must be carried into other parts of the house during the operation. It is almost impossible to avoid this, so we will begin by whitewashing the kitchen, larder, etc.

Lime is the best agent for whitewash. Get six pennyworth of lime from the nearest lime-kiln or builder's yard, put it in a zinc pail and pour boiling water on it; it will then crumble to powder (this is called slacking it), then mix sufficient cold water with it to make it as thin as oil. It may be made either pink, by mixing two pennyworth of redding with it, or blue by using lime blue. If any other color is desired use whiting instead of lime (you can get 30 lb. for 1 s.), and color with various powders to be obtained at the oil and color shop.

If whiting is used it must be mixed with size, or it will rub off the walls; but for the kitchens lime is more purifying. Before using wash made of whiting it is necessary to wash the walls and ceiling with a weak solution of soft soap and water to remove the dirt. If using lime-wash for smoky and greasy kitchen walls, put two tablespoonfuls of archil in the wash you use, instead of color, for the first coat, otherwise the walls will be patchy.

The first year we contemplate dispensing with the house decorator we must provide ourselves with tools. Brushes are rather expensive, but if carefully washed out when done with will last an amateur a life time. The brush costs from 3s. 6d. to 5s. The hair should be fine and soft, and the brush not too big, or it will be heavy. There are two kinds of whitewash brushes, the hand brush and the long-handled

brush. If we cannot afford both we must have the hand brush ; the long-handled brush is used only for walls, the hand brush may be used for both ceilings and walls. Now, having donned an old cotton gown a cap to protect the hair, and a pair of stout cotton gloves, we are ready to begin.

First do the ceiling, standing on a form or plank resting on two packing-cases, as it is tiresome having to get down continually to remove the steps. Dip the brush into the wash about half up the hair, dabbing it gently against the side of the pail to remove superfluous wash, and to prevent it from dropping about. Brush the ceiling from right to left as far as the arm will reach, making the strokes straight, and finishing off with a light stroke to make it smooth, being careful to work each fresh piece into that already done, or else it will look patchy. When the ceiling is finished, do the walls. This is a much simpler and pleasanter manner ; use the long-handled brush and brush the walls in the same way as the ceiling, smoothing it down lightly. Begin in the left-hand corner and work around to the right.

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## **EDITORIAL OUTLOOK.**

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### **THE TRUE PHYSICIAN.**

While many schools teach the requirements of a medical education, yet they fail to impart a pertinent knowledge of the demands of the profession, morally and intellectually. A well equipped physician is not the one who is merely versed in anatomy, physiology, pathology, therapeutics and the like, for he may be well informed on these subjects and yet lack in those basal principles of character and intellect which alone make a true physician. The one seeks a living or a competency through the misfortunes of his neighbors ; the other seeks to relieve the suffering of humanity and makes the remuneration a subservient consideration. The one marries the woman for her money, the other marries for love. The one builds up a mighty army to devastate the contiguous nations ; the other builds the army to defend his country and its homes. The one is a man of medical knowledge ; the other is the true physician.

All those who have advanced the art and science of medicine, bringing it up to the high standard of the nineteenth century, have been among the latter class ; they have been the true physicians of the past centuries.

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With this issue our RECREATION BUREAU is in full readiness to serve our thousands of readers in all parts of the country and aid them in planning their summer tours or outings. Bear in mind, this service is rendered free gratis.

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**LITERARY.**

**HYPNOTISM:** How it is Done ; Its Uses and Dangers. By James R. Cocke, M. D.  
Price in cloth, \$1.50. Published by the Arena Publishing Co., Boston, Mass.

The author states in his introduction, that in this book it is his purpose to place the phenomena of hypnotism in a clear and intelligible light. In the first chapter he describes the different methods used in producing the hypnotic state. He also describes the methods of dispelling the hypnotic condition. The description of the methods of producing the hypnotic state is clear even to simplicity. Chapter II deals with the effect of the hypnotic state upon the senses. He shows that the conscious perception of images brought to the mind by the senses may be either increased, diminished, or wholly abolished. A hypnotized subject may be influenced by music without being directly conscious of such sounds. He tells of one person who, while hypnotized, heard played upon the piano "The Ride of Tam O'Shanter." In this chapter Dr. Cocke describes the effect of hypnotism upon the sense of touch and upon pain, but reserves the subject of anæsthesia generally for discussion. Chapter III treats of auto-hypnosis. The book closes with a brief historical sketch and a very extensive bibliography.

"Twilight Tales of the Azores," is the attractive title of an article in the June number of *THE CHAUTAUQUAN*, by Lyman Horace Weeks. He shows that popular tales of these primitive people possess much romantic sentiment and simple beauty.

New information regarding that most discouraging period in General Grant's career, between the breaking out of the war and his appointment to a brigadiership by President Lincoln, showing that his services were offered to four states and declined, and that he began his war service as the humblest of clerks in a State adjutant-general's office, will be published in the June number of *McCLURE'S MAGAZINE*. The information is derived mainly from a fellow-townsmen of Grant's, who throughout this time was his almost daily companion.

**A MANUAL OF HYGIENE**, by Mary Taylor Bissell, Professor of Hygiene in the Woman's Medical College of the New York Infirmary. 8vo., cloth, \$2.00.  
Published by Baker & Taylor Co., New York city.

The consideration of the subject is based on the modern scientific theory of the origin of disease and the methods of prevention deduced from this. It is intended to be practical and to accord with the best American usage. It is designed to supply the want of a concise text-book, both for medical students and for use in advanced schools and colleges.

The Open Court Publishing Company, of Chicago, have just issued a second edition of their authorized translation of *TH. RIBOT'S DISEASES OF PERSONALITY*, the first having been exhausted in three years. The popularity of Professor Ribot's works, is certainly deserved, as they form delightful introductions to the study of psychology, and are remarkable specimens of economy and lucidity of exposition. No other author displays such originality in placing under lucid points of view the disordered mass of data gathered by the psychological specialists. The present translation has been revised throughout and embodies all the corrections and editions of the



new fourth French edition. The bibliographical references have been verified and an analytical index made, which will much enhance the usefulness of the book. Pp. 164, cloth, 75 cents, paper, 25 cents.

"Health Notes for Young Wives," is the title of a neat and handy work which has found its way to our reviewer's table, and published by William Wood & Co., New York, and is a valuable acquisition to our medical literature. It may be of interest to the large army of readers of the JOURNAL, that it is edited by Dr. Schroder, daughter of the late Henry J. Raymond, editor of the *New York Times*.

GODEY'S MAGAZINE for June is certainly one of the best publications of the month, and cannot fail to attract universal praise. Beaumont Fletcher's review of "Trilby" as a play, is one of the best and most comprehensive that we have yet seen, and is of interest to both those who have and have not seen this wonderful drama. W. A. Cooper has an article on the National Academy of Design, with magnificent illustrations. "How Tweed Was Detected," by Henry Mann, who reported the proceedings of the famous trial, is highly interesting, from both an historical and detective standpoint. Besides these, there are short stories, essays, illustrated articles, book reviews, poems, etc., the whole beautifully illustrated. Godey's Fashions cannot fail to attract the women readers who are interested in the latest designs of gowns. Altogether Godey's is a charming number, and its small price of 10c. brings it within the reach of all.—THE GODEY COMPANY, 52-54 Lafayette Pl., New York.

The June ATLANTIC contains installments of the two leading serials by Mrs. Ward and Gilbert Parker, also a short story of frontier garrison life, by Ellen Mackubin, entitled "Rosita." Another bit of fiction of unusual character and interest is "Through the Windows;" "Two Glimpses of a Man's Life." Lafcadio Hearn contributes a delightful paper entitled "In the Twilight of the Gods," which, with Mary Stockton Hunter's poem, "A Japanese Sword Song," gives this issue a distinct flavor of the Orient. Percival Lowell continues his readable papers upon "Mars," discussing in this issue the Water Problem. Other important features are, "Reminiscences of Christina Rossetti," by William Sharp, the completion of "A Week on Walden's Ridge," by Bradford Torrey, and "Vocal Culture in its Relation to Literary Culture," by Hiram Corson. Poems, book reviews, and the usual departments complete the issue.—HOUGHTON, MIFFLIN & CO., Boston.

## RECREATION BUREAU NOTES.

In this issue of the JOURNAL appears the announcement of the Southern Pacific Railway Company, and any of our readers anticipating a trip across the continent, cannot go by any better route. The speediest, safest and the most delightful way to reach California is by this route. Upon application we will supply any literature desired in this connection.

Much has been written and told about the charms and picturesqueness of Nantucket, the beautiful island upon which is erected "The Springfield," a superb




# HALL'S JOURNAL OF HEALTH

MONTHLY

ESTABLISHED 1854

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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## ORIGINAL.

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### THE BICYCLIST'S HYGIENE.

JAMES TISSIE, M.D.

The bicyclist must pay particular attention to the cleanliness of the skin. It is only by keeping the pores open that vigor and elasticity are obtained, and that methodical training will end in the faculty of wheeling long distances without fatigue. Ablutions after training or after a ride should be done quickly, in order that the reaction may follow immediately; and if by chance it should not follow spontaneously, it must be induced with rubbing, using of coarse towels, massage, friction, or the taking of a brisk walk after dressing.

After having gone a long distance you should guard against putting your head under a pump or a spring if the water be very cold, for the reaction may bring the blood to the head and cerebral congestion be the consequence. If against all sane advice you should indulge in that sort of cooling off, do not expose your head to the sun for a while, even with a hat on, for head troubles would be liable to follow. It would be wiser only to wash your face, and even for that you must ascertain if the water is not charged with alkali, or with any other substances which injure the skin and eyes.

A man who has made a profound study of locomotion said that the horse runs with his legs, but gallops with his lungs. To know how to breathe is one of the conditions of success in wheeling. For breathing purposes the wheelman is at a disadvantage with the walker, for while he is exercising he is in a sitting position, and the greater the exercise the greater the pressure of air

and the harder the action of breathing becomes. The rapidity with which a walker walks never attains that of a cyclist, and the positions which one and the other take are totally different. While the walker goes with gymnastic step, with head erect or bent somewhat backward, he gives all freedom to the muscles of breathing, and the air he displaces does not establish a pressure too strong for the elasticity of the pulmonary tissues. On the other hand, the cyclist bends downward in proportion to the speed with which he goes, until he is obliged to stop because he is out of breath.

Theoretically, the wheelman ought to inhale through the nose and exhale through the mouth, and although this seems very simple to do, and many think it is done automatically, it becomes a fatiguing work until learned to be done without thinking. The first condition to its success is to have the nasal respiratory canal entirely free. This canal can be obstructed in diverse ways; the nose itself may be congested, which happens often when one breathes rapidly and the air is cold. The nasal secretions then become frequent, and frequent blowing of the nose is necessary. But the getting out of breath is produced oftener by the contraction of the nostrils. You know that the tip of the nose is attached to a double cartilage which is fastened to the nasal bone, and the muscles of the nose, supported by these cartilages, are mobile, and dilate or contract according to the amount of air inhaled. Now, whether through the intoxication of the carbonic acid, or whether they be paralyzed by the reflex motion, these flexible muscles of the nostrils are apt to close up and adhere to the median separation of the nose. The closing up becomes the more pronounced when the pressure of air is stronger, and the maximum of this pressure in inspiration is reached by the vacuum that is made in the lungs. It is precisely the moment when the blood needs the contact of oxygen that this oxygen is wanting because of the obstruction of the nostrils. At this instant you open your mouth and you breathe largely from it. Then breathing is done brusquely, and can be the occasion of accidents provoked by the sudden passage of a column of cold air upon the overheated mucous membranes of the mouth, the pharynx, the larynx, and the bronchial tubes, and produce inflammation of the tongue, tooth-ache, pharyngitis, laryngitis, bronchitis, and other ailments.

To avoid these accidents it is well to break the column of air by applying the end of the tongue to the upper front teeth; the under part of the tongue receives the first shock, and as that part of this member is copiously strewn with capillary veins, the cold is felt less than on the upper surface of the tongue, on which the nerves of taste are spread, and which, through the passage of air,

are often affected. It is often the case that after a long ride, with the mouth left open, the sense of taste for quite a while becomes obliterated.

Good wheeling depends as much on the knowledge of breathing as upon muscular strength. The greater the capacity to breathe, the greater the vital capacity and the more riding becomes easy and rapid. But breathing must be instantaneously regular, and not done by shocks and blows like the puffs of a bellows. In the Argentine Republic, when the inhabitants wish to test the resistance of a horse, they do not examine the chest or legs, but the nostrils; if they can thrust their fists into them the horse is considered good, for a resisting horse must have a well-developed nose.

Persons whose nostrils are obstructed breathe through the mouth, and when they are tempted to augment speed inhalation is inevitable, and may be the cause of heart and lung troubles. But rapidity of movement does not suffice to bring on inhalation; it must be accompanied with intensity of muscular effort, and it thus may be considered as the result of general muscular fatigue. At the beginning of this muscular fatigue the veloceman must go slower or dismount and rest, and make a regular practice of regular breathing through the nose, with slow exhalations through the mouth.

With precautions, the exercise of the wheel is beneficial for the development of the lungs and the thorax, and we may go further and assert that it may cure certain pulmonary affections, provided they be not acute.

The riding of a velocipede quickens the circulation, and the heart-beats are stronger and more rapid than in any other exercise, because of the exercise of the lower muscles, which are the most powerful, and which give out the most carbonic gas.

The question of circulation suggests the idea of position on the wheel. It is natural that the bicyclist who races has his seat and handle-bar high to accelerate speed. But this must be considered an exception in wheeling. The bicycle is especially a vehicle for road riding and promenading, and the rider must be seated in the most comfortable manner, and one the least conducive to ailments. The wheelman, therefore, must sit on his wheel as erect as if he were sitting in a chair.

What kind of a wheel must a woman use, and what kind of a seat is the most comfortable? Here choice becomes numerous. A number of doctors advise women to ride the tricycle because the general pose is more secure; others declare that the tandem is the ideal way for a woman to wheel. She, being at the helm, directs, while her companion provides the strength. But the

choice of the machine is less important than that of the seat. In the first place, the seat must be elastic and well suspended, and the rider must feel as little jolting as possible. The seat must be rounded instead of pointed, and placed so that the chest be well brought forward.

But the chief objection advanced by doctors who think wheeling is injurious to women is the using of the pedals, and they compare them to the use of the feet in running a sewing machine, which use, they assert, has been the cause of dangerous diseases. But it has been proved that it is not the movement of the feet which produces diseases, but the general jolting, from which nervous ailments arise. Besides, if the fatigue is equal, the exercise of the pedals taken in open air may give different results from running the machine, the conditions of which themselves may produce ill health. This has been proved by women who have been obliged to give up running the machine and have taken up the bicycle with favorable results.

In the exercise of the wheel, women must use moderation. They must not do more than eight or ten miles an hour, and they must dismount the moment they feel any fatigue or get out of breath. Besides, the chief pleasure of wheeling is not doing long distances in the shortest possible time, but the enjoyment of nature and companionship. Certainly a conversation cannot be sustained on wheels as in riding and walking; but, still, that is no reason why one should ride with such a speed that nothing can be obtained except the boast of having gone an unusual number of miles. Besides, there are two distinct classes of wheelmen, and one may add, wheel women—the ones who wheel to run races and the ones who ride for pleasure and health. The first makes a very dangerous exercise of what should be a most wholesome one, for, some day, they are sure to suffer from heart disease.

The question of digestion is also an important one in reference to wheeling. Breathing through the nose and keeping one's mouth from getting dry is an aid to digestion and conducive to a healthy state of the stomach. The wheelman must, therefore, see that his mouth and throat do not become parched. Anything kept in the mouth, like a piece of a toothpick or a pebble, contributes to keeping up the secretion of the saliva. A dry mouth and throat oblige the wheelman to drink often, and a large quantity of liquid, of whatever nature it may be, ends by debilitating or irritating the stomach. Drinking, and the kind of drinks, must be an individual study. French doctors recommend warm tea and coffee, without sugar or very little sweetened. It has been found that warm drinks quench the thirst and do not heat as much as cold drinks. Milk is a good drink, especially with a few drops of rum in it, for persons

who can digest it. Those who cannot may find it beneficial and digestible by putting a few grains of bicarbonate of soda into the milk. Lemonade, for general use, is considered harmful. Still, it may be drunk when a refreshing drink is thought absolutely necessary. What do doctors think of all the manufactured drinks? They advise wheelmen not to touch them. If any must have bitter drinks to quench their thirst, a small quantity of quassia amara, left standing in a tumbler of water, will be preferable. Beer is considered harmful under all circumstances; champagne may be drunk, but in very small quantities. Let the amateur and the excursionist guard against all drinks which excite the nerves, such as too strong coffee and tea, cocoa, mate, and kola. They may give strength and energy for the moment, but the after effects are pernicious.

As for the eatables, some recommend much meat, others no meat at all, saying that vegetables only give endurance. The wisest way is to keep one's own habits while wheeling, as while working. It is not considered wise to wheel after a heavy meal. Still, wheeling from eight to ten miles an hour is not considered injurious after a meal which does not surpass the daily one in quantity. It is absolutely necessary for every wheelman to have at least eight hours of sleep in the twenty-four. Nothing makes one feel more debilitated and weak than having insufficient sleep. This leads to the question, "At what hours of the day ought wheeling be done?" Some prefer to ride at night, but they are wrong; riding at any time of day is better than riding at night. In summer one may ride in the evening from sunset to 10 o'clock, but the best time is early morning, from dawn to 9 or 10 o'clock, when the body is rested and has its full average amount of strength.

In reference to the nervous system, the following remarks are made by Dr. Tissie: One only becomes a good cyclist when one has a great amount of energy, will power, and much *sangfroid*—that is, mind control. Several psychological and physical causes excite or decrease this strength. For instance, faith or doubt as to the final success; *l'amour propre* or indifference, pleasure or pain, noise or silence, light or darkness, life or solitude, the greater or the smaller number of rivals or of travelling companions.

The moving of the head and body to and fro must be guarded against; it provokes congestion of the brain.

Rush of blood to the head depends upon the good or bad condition of the cyclist. He should abstain from all excess. All wheelmen should abstain from smoking on a wheel and indulge very little during an excursion.

Wheeling to excess can provoke congestion of the brain in persons predisposed to the malady, or in persons fatigued with



mental labor, but when practised moderately it is beneficial, for it draws the blood toward the feet and limbs. Men who are confined in offices, all persons suffering from dyspepsia arising from want of exercise, are greatly benefited from riding a wheel. Many experience a lassitude during the first half-hour, little by little revive, and are surprised at the amount of fresh vigor they gain.

At certain times, when it seems indispensable, nervous people may strain and overdo wheeling, but it is on condition that the nervous force be regained in proportion to that which is spent. However, it is well not to allow one to be carried away by this most enticing of all exercises and most alluring.

The use of a bicycle should not be permitted to children under twelve or thirteen years old, and youths from thirteen to eighteen should not wheel more than ten miles an hour. It is very important at that age to avoid all nervous excitements.

The moderate use of the bicycle provokes a regenerating sleep, but abuse is followed by insomnia, fever, headaches, stomach troubles, and intolerable cramps in the legs and feet.

Wheeling momentarily expands the senses of smell and taste, and the sense of touch is much developed during and after, but the muscular sense is the one which improves the most. Wheeling has no action on the sense of hearing.

Even in a state of somnolence one can make the pedals go. It is said that Terrant slept six hours while travelling on his wheel during one of his races.

It is said that wheeling has cured chronic cases arising from abuses of alcohol, morphine, tobacco, chloral, and ether. It has also been beneficial to persons affected with melancholia, hypochondria, and hysteria.

The only nervous disease to be feared from wheeling is sciatica. It is caused either by the manner of sitting on a wheel or by a defective seat.

---

## HEALTH AND DISEASE.

WILLIAM WATSON HALL, M.D.

If, after these statements of facts, any reader is willing to deliberately face the consequences of neglecting nature's calls, of failing to secure a daily action of the bowels, we consider him a brave man or a fool. It is by this beastly habit of constipation—beastly, did we say? not so. The poor irrational brute, with only blind instinct for a guide, does not resist these instincts, but yields to them prompt obedience, for it is wisely made to them, as to us, a relief and a pleasure; hence, as to the internal body, the beasts

of the field are clean, their blood is pure and the body healthful. As we were going to say, it is to constipated habits that the odor of some persons is so insufferable that if we approach them we hold our breath, or turn aside, or remove to a distance with a promptness only equalled by a sense of impending suffocation.

But there are those who do not concern themselves about the comfort of others if only they are not incommoded, and a man may be a physical as well as a moral stench to all but himself.

Such may look at another picture.

Some persons get into habits of constipation which so grow upon them that for a week or a month at a time the bowels fail to act. It may be well to know to what extent neglected bowels may gradually increase in their tendencies to prolonged constipation; for, when once begun, the difficulty goes on increasing, producing results differing according to the part of the body upon which the force of the irregularity expends itself. We have already seen that if it falls on the lower bowels it causes piles and fistula; if it falls on the brain, apoplexy; if it falls on the bowels, cholera, the attack being made on that part of the system which is weakest, has least powers of resistance, as in a levee or a mill-dam, under the influence of rising waters, the weakest part gives way first.

This single idea is well worthy of remembrance, as it satisfactorily explains many things which otherwise are left obscure—that when the general system is attacked by any ailment the force of the attack makes itself felt at the weakest point.

The bowels of a lad eight years old were neglected for several days; still he had a good appetite and ate as much as he wanted. This state of things continued until his body, which should have had a circumference of twenty-two inches, increased in growth to the size of forty-nine. All medicines were powerless, the abdomen sounded like a drum, and when relief was at length obtained by mechanical means the abdomen subsided to twenty-six inches; and the sensibility of the parts having been entirely blunted by the extraordinary packing process, the means above have to be constantly repeated—that is, the substances are washed out by a stream of warm water being forced up for half an hour at a time.

If such a necessity continues long, the patient had better far be dead. It is not necessary to mention the great variety of human ailments which are produced by a failure of the bowels to act regularly, fully, and freely once in every twenty-four hours.

In order to be self-convinced—and then the fact will remain impressed on the memory for practical use during the remainder of life—let any one observe for himself, whenever he has one of the ordinary ailments of life, some unpleasant feeling in the body

which is unusual, and he will, in very many cases indeed, discover, on close examination and reflection, that the condition of the bowels has changed or will within a dozen hours.

(TO BE CONTINUED.)

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## EDITORIAL PARAGRAPHS.

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### HANDKERCHIEFS AND DISEASE.

It is not fully appreciated by the public that the article we carry as an every-day and necessary part of our attire may become charged with elements of infection. If it were there would be shown much more care in the use of the handkerchiefs and in their cleansing. Especially should this be the case in families of whom any member is troubled with a cold or with an influenza. One person with a catarrhal affection may impart the trouble to an entire household. This fact should make it common practice to isolate the handkerchiefs of an individual who is affected by an "influenza." The handkerchiefs used by such a person, too, should be treated in the following manner:

They should be placed under water in which a quantity of kerosene oil has been poured, and there remain for say two or three days; then the water is to be heated by pouring on boiling water, and when this is cool enough they may be washed, soap being used, of course. Another washing in oil and soap makes disinfection sure, and completely removes all stain and effects of nasal appropriation. Then rinse the handkerchiefs carefully in warm water, and, if possible, hang upon a line to dry in the open air. Let them remain out on the line over night. When handkerchiefs are treated in this manner, diseased matter is robbed of its danger, a fabric of delicate character spared the sacrifice occasioned by hard rubbing and washboard penalty, and the luxury of a soft, clean, and white appliance may be had for the suffering nose, which is liable to be for a time very sensitive from effects of "blow and excoriation." If the best quality of kerosene oil is used, and the handkerchiefs are freely rinsed after-oil and soapy water has cleansed and disinfected them, there will be no odor of kerosene discoverable later in the neatly folded and ironed handkerchief.

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### STYE.

Stye is an affection of the margin of the eyelid. With its first

appearance the entire lid becomes swollen and painful, and the inflammation may increase until the whole side of the face becomes involved.

This inflammatory period usually lasts three or four days. At the end of that time the inflammation may subside gradually; but in most cases a minute point appears near the edge of the lid which has every appearance of being what a styé really is—a minute boil.

The swelling and pain caused by a styé are relieved by nothing so well as by heat, and upon the first appearance of the trouble we should lay cloths wrung out of hot water over the closed eyelid, whether or not there is evidence of its "pointing." At night it is well to apply some simple ointment, like pure vaseline, along the edge of both lids, in order that they may not become glued together in sleep. Salt pork and similar old-fashioned remedies are of no avail, and should not be resorted to.

Immediately upon the appearance of pointing, the skin at the summit of the elevation should be punctured with the point of a needle, or, better still, a little slit may be made with a sharp knife. This will allow the matter, and especially the stagnant blood, to escape. We may use pressure to squeeze out this waste material, but only very gently, since it is useless to attempt to expel the "core" of the boil until it has thoroughly detached itself from its connection with the surrounding healthy parts.

When the core has finally fully separated, it can be easily removed, and frequent attempts should be made until this has been accomplished. A little vaseline is all that will then be needed to establish complete recovery.

If there appears to be a disposition to a repetition of the annoyance, the family doctor should be consulted, as internal treatment is called for.

Perhaps the worst feature about a styé is the fact that in some persons the occurrence of one attack seems to establish a tendency, so that often such a comparatively short time elapses between the successive attacks that the lid becomes chronically inflamed. In this event it is especially advisable to consult a doctor.

It is often possible to prevent pointing by touching the lid with caustic.

A styé is not contracted by simply looking at an inflamed eye, as is sometimes thought.

### ROCKING CHAIRS FOR HEALTH.

"I love it, I love it, and who shall dare," asked the late Miss Eliza Cook in a moment of inspiration, "to chide me for loving

that dear old arm-chair?" Whether the article of furniture to which the poetess was so much attached was a rocking-chair, there is no means of discovering. If it was, she certainly could not have been chidden for loving it by the French doctor who has just discovered in rocking-chairs a new and potent agency for good. The gentle and regular oscillations of these chairs have, it appears, "a wonderful effect in stimulating the gastro-intestinal peristalsis." If your digestion is sluggish and you suffer from "atony of the stomach," all you need to do is to rock yourself for half an hour or so at a time and all will be well. Make the experiment the next time you feel that your gastro-intestinal peristalsis wants stimulating. The doctor who proclaims this new and very simple cure for dyspepsia must be either a benefactor, to whom thousands of his fellows will be grateful, or a partner in a rocking-chair manufactory. I wonder which?

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### VALUE OF ICE CREAM.

Those persons, and their number is legion, whose fondness for this summer dessert is such that they are designated ice-cream fiends, will be glad to know that the value of ice-cream as a remedy for certain intestinal troubles is being advanced. Some, indeed most, physicians permit it through typhoid fever, always insisting it shall be of the purest make. To the story recently going the rounds in print, of the entire cure of a case of ulcer of the stomach by the sole and persistent use of ice-cream, may be added that of a woman. She suffered from a serious affection of the eyes, directly traceable to digestive disturbances, and her physician finally put her upon ice-cream as a sole diet. For eleven months she literally lived upon ice-cream, with the result to effect a complete and apparently permanent cure. The theory is that the cream furnishes ample nourishment, while the diseased intestines, chilled by the low temperature of the food, are prevented from getting up inflammation during the process of digestion carried on by the healthy parts.

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### THE DUTY OF BEING HEALTHY.

Yes, the *duty*—that is the word. Many men and women seem to think that the state of their health is a personal question only, and that if they choose to squander it in self-indulgence, or in the neglect of ordinary precautions, it is a matter which concerns themselves alone. But this is not the case. Every person who has reached years of discretion has work of some kind to do, and he cannot do it justice unless he keeps himself in a fit state of health.

Do you, the mother of a family, think that your health concerns yourself alone? If you are ill, do not all the household suffer in loss of comfort, if in nothing else? And you, who are the father of a family, who have brought yourself to poverty and shame through the indulgence of low passions, do you fancy that your present broken-down condition, in which you are unfit for honest labor and are a misery to behold, is a matter in which no one but yourself has any concern? A moment's thought should be sufficient to show that it is a stern duty to so order our daily lives that we shall be in the fittest condition to discharge our daily duties. There is sufficient unpreventable illness in the world, and there are thousands of sufferers who are entitled to the deepest sympathy; but there are, it is to be feared, far more who have brought sickness upon themselves in the pursuit of their own pleasure or through their own carelessness, and such illness as this is a crime against society, to say nothing of the higher grounds on which it is to be condemned.

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### A SIGN OF HEALTH.

Worry seams the face with furrows, and has a bad effect upon that sensitive organ, the stomach. Indeed, it is safe to say that unless encouraged by a cheerful temper and bright, or, at least, hopeful thoughts, the stomach will play truant or sulk and do no good work. The physiological explanation of this is the close alliance of the great sympathetic nerves, which are worse than the telegraph for carrying bad news; the worry and anxiety which depress the brain produce a semi-paralysis of the nerves of the stomach; gastric juices will not flow, and there follows indigestion.

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### FOOD AND HEALTH.

The morality of clean blood ought to be one of the first lessons taught us by our pastors and masters. The physical is the substratum of the spiritual, and this fact ought to give the food we eat and the air we breathe a transcendental significance. In recommending this proper care of our physical organism it will not be supposed that I mean the stuffing or pampering of the body. The shortening of the supplies or a good monkish fast at intervals is often the best discipline for it.

## IMMEDIATE ACTION.

PREPARATORY FOR THE DOCTOR.

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### BURNS AND SCALDS.

Accidents which result from these are frequent and sometimes very dangerous. They call for the exercise of great presence of mind at all times, but especially when the whole body is involved.

When a person's clothing takes fire, he or she should not run for assistance. Rapid motion fans the flame. If a bed is near, snatch a blanket and wrap it closely around the body. Lie down on the floor and roll in it. Keep it tight about the neck, so as to prevent the breathing of the flames. If not near a bed, a piece of carpet, or rug, or shawl, or heavy coat, or any kind of thick woollen material will do. Do not forget to scream for help all the time. Any one coming to assist should do the above for the burning party, if not already done. They should, in applying the blanket, rug, carpet, or whatever they have seized, hold it up before them on approaching the flames, so as to escape being set on fire themselves. If the party is forced down on the floor, and rolled about, the fire will be extinguished quicker. As soon as the fire is out the first thing to do is to drench the sufferer thoroughly with water. Where the accident has been caused by steam, cold water should be applied freely, and at once.

If the burning has occurred out-of-doors, the injured person should be carried as quickly as possible into the nearest warm room and laid on the floor, settee, or table, not in bed. If the burn or scald has been extensive, a physician should be sent for speedily. But there is in the meantime much to do. Reaction from the fright and severe pain must be closely watched and guarded against. If the face grows pale, the pulse sinks, the extremities get cold, and shivering sets in, stimulants must be administered, but not in quantities sufficient to unduly excite the brain. Indeed, in any case of general burning, whether severe or not, it is well to give a mouthful of hot coffee or tea, some hot milk, or composition tea every few moments. Hold the ammonia or camphor bottle to the nose at intervals of a few seconds. Apply hot flannels to the stomach. Keep the head low until revival sets in.

The clothing may now be taken away. This should be carefully done, so as to save the skin and burned parts. Use the knife and scissors. Don't pull and tear. Where the fabric sticks, cut around it, leaving the sticking parts to be softened with water.

Do not break the blistered parts. The warmer the room is the better.

The next great point is to protect the burned parts from the air. This can be done in several ways. An application which is always handy, and among the best, too, is flour. Cover the burned surface with it, and confine it by wrapping in cotton wadding or cotton wool. If the skin is not broken, but only blistered, wet some folds of cotton or woollen cloth with cold water and apply them to the parts. Keep the cloths wet till the smarting pain ceases. After this dress the parts with an ointment made of campho-phenique one ounce, petrolatum four ounces, and dress with cotton or linen cloth.

A mixture of equal parts of lime-water and linseed-oil makes a cooling application for a severe burn. It may be applied by saturating cotton with it and wrapping the parts. If the wounds should be painful and the pain great, this dressing should be renewed at intervals.

Where burns are not deep the application of dry cotton alone is beneficial. Baking-soda is an excellent application for a burn or scald. Apply it dry or moist, and as soon as you can, keeping it on the spot by means of a rag.

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### A BRUISE.

In case of a bruise you must avoid the tendency to inflammation. Bathe it freely in warm water, and afterwards apply cold vinegar and water every hour, for a day or two. Or if you have tincture of arnica present, rub with it. Cold water poured from a height, two or three times a day, is good.

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## PHYSICAL CULTURE.

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### PHYSICAL DEVELOPMENT.

That environment may influence the growth and development of the body is indisputable, and has been repeatedly proved by statistics. Children brought up upon poor food, amid unhealthy surroundings, with little exercise, and with, perhaps, hard or confining work, are usually stunted in growth and physically weak and undeveloped. On the other hand, girls and boys brought up with all the advantages of pure air, plentiful exercise, and good food, with the absence of fatiguing work, show the effect of these influ-



ences in their greater height, more perfect bodies, and activity of limb.

While these results are more marked when the good or evil influences for development are active during the growing period, still great changes may be effected when a full-grown man or woman is subjected to some new advantages or disadvantages in the way of physical environment. Again, this can be proved by statistics, many cases being on record where changes of air, diet, and habits of life have worked remarkable changes in the body of the subject.

Our bones, muscles, and various organs change constantly. All tissues of the body are continually renewed. And while it is true that good or bad habits of growth are more easily formed in youth, and that changes are then more readily effected, still, at any age, good results may be had by changes for the better in dress, living, or surroundings.

We are too apt to despair, thinking it "too late" to do this or that good thing in life. We are too ready to conclude that all life's good things are behind us, and that we can but spend our time in lamenting that we have missed them. It is a pleasanter creed that it is never "too late," but that any good thing we strongly desire may be ours if we persistently work up to the good that is ahead—not behind.

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## SWIMMING.

Bathing is an exercise that few girls in the country indulge in. Not, perhaps, because they do not want to, but because in the majority of neighborhoods there are no facilities for the sport. This is to be deplored, for the girl who never has been out bathing doesn't know half what she has missed. A plunge in the water on a summer day is a better tonic than all the patent medicines ever manufactured. And not only that, but the effect is instantaneous. It is wonderful how fresh and rested it makes one feel.

A very important thing about bathing is that a girl thus has an opportunity to learn to swim. It is as necessary that girls should know how to swim as it is that boys should, and yet only a very few girls know how, while most boys can swim. Of course, a girl might not have an opportunity to use the accomplishment to save her life, and again it might sometimes be the means of saving her own life and others besides. A pleasure boat sometimes turns over. She, perhaps, might be the only one in the boat who could swim, and could thus render help until some one arrived. It is a common thing for a child to fall off a pier or boat landing, and she

might be instrumental in assisting in such a case. And how happy she must feel if, like the young heroine who lately plunged from a pier at Southampton to help some persons whose boat had overturned, she is the means of saving a valuable human life! The absurd restrictions in force in most of our English watering-places prevent parents bathing with their families, and now that the holiday season is with us again many fathers may be glad to know that at Deal, on the southeast coast, they may, without exciting comment, have the privilege of teaching their girls to swim, and of inspiring them with that confidence which alone is needed to make them at home in the water. Possibly there are other places in England where both sexes bathe together, but Deal is the only English seaside resort that I am acquainted with where this is permitted.

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## ONE'S HYGIENE.

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### BENEATH THE FINGER NAILS.

There is something more than beauty and attractiveness to be considered in caring for the finger-nails. Beneath them is a space which forms a nidus, or resting-place, for bacteria. Bacteriologists have found a score or more of different kinds of organisms under the nails, many of them harmless, it is true, but some of them exceedingly dangerous to health and life. Since they are microscopic in size, no one can tell whether they are innocent or harmful, or, indeed, whether they are present or absent.

Since a pin-prick suffices to convey into the human system enough of the most poisonous germs of disease to cause death, it is easy to understand what evil result may follow a scratch with a germ-laden finger-nail. An idea has gone abroad that the danger lies in being scratched by another person; but since the trouble is due to bacteria, and not to any poison residing in the nail itself, it is easy to see that a self-inflicted scratch may be as bad as any other.

Many instances are recorded where a slight wound, like the prick of a needle under the nail, has been the means of introducing the germs which cause that painful trouble known as whitlow or felon.

He who bites the finger-nail takes the risk of getting into his mouth and swallowing the germs of some infectious disease, for bacteria may be anywhere, and the nails have a peculiar aptitude for scraping up particles of dust and dirt, which may be swarming

with germs. The surgeon who goes to the performance of any cutting operation, realizing the danger which lurks beneath the nails, cleanses them in the most thorough manner.

Disease germs, once introduced into the human organism, become travellers. They do not stop at the point of infection, but, once in the circulation, may go anywhere and live, even for years, waiting their opportunity for growth when the normal tone of the system is lowered by chill, by fatigue, or some other disturbing cause.

There is no better method of cleansing the nails than with a good brush and plenty of soap and water, and without the use of a brush it is impossible to have clean, wholesome nails. Not alone will the result obtained be pleasing to the eye, but the danger of becoming the bearer of disease to one's self is thereby lessened.

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### CARE OF THE SCALP.

Salt and water is a very good application to the scalp. Its effect is to stimulate the circulation of the part. The reason why the scalp becomes unhealthy is, that it is not groomed enough. We know how it is with a horse that is not properly cared for, and rubbed often; he becomes unhealthy, and, as we say, hidebound. This is precisely the condition of the human scalp when it does not have proper care. If it is not curried and groomed, it becomes hidebound. In order for the scalp to be healthy, it must be manipulated so that it can be easily moved upon the skull; otherwise waste matter accumulates, the tissue spaces of the scalp become filled, and the little pockets which produce the hair become diseased, and thus the hair becomes diseased, dies, and falls out.

When rubbing the scalp for the benefit of the hair, and in making application of cold water, there must be two movements: First, a friction of the scalp, so as to bring the blood to the surface; second, place the fingers firmly upon the scalp, and move it upon the bone. If the scalp is unhealthy, and the patient is much troubled with headache, the scalp will be found sometimes fast to the skull-bones; but after manipulation during a few weeks it will be possible to move the scalp freely, and then the condition of the hair will change for the better, as these movements cause the blood to flow freely, stimulate and aid the lymphatic circulation, and thus supply nutrition to the roots of the hair.

## HEALTHY ABODES.

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### THE SICK ROOM.

"When pain and sickness rend the brow" the woman who has not had some slight training in the rudimentary principles of nursing will prove a very inefficient ministering angel. She may wear noisy shoes; she may have the curtain up so that the light shines into her patient's eyes; she may not draw the sheets smooth and tight, and discomfort will be the result. If she follows these rules, however, she will be more or less of a success.

The room should be kept exquisitely neat. Especially should all soiled garments and utensils be removed, the towels and napkins be fresh, and the food offered arranged to please the eye as well as the palate. Never let curtains, rugs, and table-covers hang askew, or the invalid will have to straighten them mentally over and over again, one of the most distracting processes of an illness. To keep a patient from watching every line in the wall-paper or wearying the mind with observations of all the defects in the furniture, bring in fresh bouquets of flowers or some other pleasing object on which the eye will love to linger. The bed should be kept orderly. Straighten the covers and smooth the pillows quietly whenever they get disordered, and in making the bed at the regular intervals do it thoroughly and with care. If it is not possible to change the bed linen daily, have two sets and alternate their use, so that each set may be well aired before using again.

Do not question invalids when you can avoid it, and let the work of the room be done quietly and unostentatiously, so as not to jar or rack the patient's sharpened nerves.

Carry the physician's orders out carefully and without criticism. Say nothing about the medicine until you have prepared it neatly, and afterwards put cups, spoons, and towels out of sight.

In giving baths—a very necessary care—be gentle, but so firm of touch that the patient will understand that you are thoroughly self-possessed and need feel no concern. Nothing is so fatal as an invalid's lack of confidence in your physical strength.

If you know what healthful dishes will please your patient, prepare them promptly without consulting the sick, and observe the utmost daintiness in detail. Never season an invalid's food highly, and avoid melted butter as much as possible, using cream on toast and roasted potatoes. It is hard for a sick person to wait long for a meal when hungry, therefore never let her do so. When sitting with the sick, don't rattle a newspaper or creak your

chair; speak gently and distinctly, but don't talk too much. Never discuss diseases.

Wear soft garments and light shoes, so as to avoid a nerve-searching rustle or a heavy, jarring step. A nurse's garments should be changed often, and should be neat and fresh. A crooked collar or dropping pin is tantalizing to sick nerves.

Do your best to keep long-faced visitors away, and, in fact, visitors of every kind; strangers often serve to excite a sick person. Tolerate no whispering in the room nor just outside the door. When permissible, have the room cool, quiet, and dark at night, and look out for ventilation and let in all the fresh air you can without injury to the occupant of the bed.

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### CLEAN OUT AND COVER UP YOUR CISTERNS.

How long will it be necessary to go on proclaiming the necessity for all cisterns being provided with proper covers and being frequently cleaned out? It sounds strange for people who boast of cleanliness as a national virtue, and who assert that it is, next to godliness, another national peculiarity, to allow their drinking water to be stored in the foul tanks so commonly in use. The last story about cisterns comes from a village in the neighborhood of Bridgnorth. A new rector being appointed, a general cleaning up of the rectory took place, in the course of which the remains of three infants were discovered. One, apparently the most recent, was found wrapped in a cloth in a soil pit; another in a box in one of the rooms; and the third in the cistern! In a tank, above the ceiling of a bedroom, a box was found, and in it the skeleton of a baby. We need not enter into details. We know what is meant by macerating bones; and the baby had been macerated and dissolved away in the water till nothing but the skeleton was left. But of such stories there is no end. It is not so very long since a lecturer on hygiene described how, on making a sanitary inspection of a house in which there had been an outbreak of typhoid fever, a pair of trousers was found in the cistern, into which, doubtless, they had fallen after having been hung up in the attic to dry. It is impossible to exaggerate the filthiness of unprotected cisterns, or to speak too strongly as to the necessity of their being properly covered and frequently cleaned.

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### CELLARS.

The cellar walls should receive each spring a fresh coat of whitewash. For this there is nothing better than a simple mix-

ture of fresh slacked lime and water. An excellent whitewash for the ceiling or walls of a cellar is made thus: Slack half a bushel of lime with boiling skim milk, add three quarts of salt, half a pound of whiting, and one pound of white glue, previously dissolved in water. This is hard, durable, and does not rub off.

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## EDITORIAL OUTLOOK.

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### TRUE PHYSICAL REST.

There is an old story of an Indian and a "pale face" who, after a long day's journey, lay down in a deserted cabin at nightfall to rest. The Indian, wrapping himself in his blanket, stretched himself on the floor of the cabin, with his feet to the fire, and was soon asleep. His companion? meantime, had espied a feather bed in another room, and congratulating himself on his discovery, jumped in and was also soon in a doze.

With the first rays of the morning light the Indian rose refreshed, and ready for the day's task. He went to arouse his comrade, when lo! he found him dead from the exhaustion of the previous day.

Luxurious repose is never true physical rest.

To enjoy that blessing to its fullest extent, freedom from restraint must be allowed every part of the body. A firm surface is required—one that will tend to keep the body stretched out at full length, that the lungs and heart may feel no sense of restriction by compression of the chest-walls, and that the blood may have uninterrupted course in every direction.

We should never be guilty of supposing that the person whom we saw sitting in a chair, with his chin pressing on his sunken chest, was enjoying true physical rest, no matter how fast asleep he might appear to be.

The tendency of the body to gravitate toward the lowest part of a feather bed is beyond remedy.

In this position the whole body is often so curled up that no one part is free from constriction. The chest-walls are caved in, and the whole body suffers from the consequent lack of proper oxygenation of the blood and the restriction which is placed upon its general circulation. The blood moves sluggishly, and as a result the condition of "fat and flabby" is superinduced.

This condition is never likely to follow the constant use of a firm hair mattress, for the blood has no chance to get dropsical from too sluggish a circulation.

Perfect physical repose, like perfect physical activity, is dependent upon a proper equilibrium of the bodily functions during slumber.

The story of the Indian and the white man might easily have been founded on fact.

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WITH this issue of the JOURNAL our third season in using our best and untiring efforts in behalf of our tourist friends closes. Our Summer Recreation Bureau has become, throughout the country, an acknowledged feature of this publication. Through this same channel we are prepared to aid our friends in planning their winter sojourns, and we will be pleased to mail or give any desired information.

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IT IS of considerable gratification to the publishers that this journal falls into the hands, regularly, of such a large number of the medical profession. We want between now and January 1, 1896, 100,000 readers both of the profession and the laity, and to

encourage this step we will make the following offer, having arranged with the Herba Vita Remedy so to do:

PLEASE NOTE.

For every full subscription sent to us between now and January 1, 50 cents, we will send such person a small box of this wonderful remedy.

For four subscriptions, \$2, sent us at one time, we will send one of the dollar packages.

THIS IS EVERY ONE'S OPPORTUNITY. TRY IT.

## LITERARY.

THE *Review of Reviews* for September calls attention to the change in European sentiment on the liquor question, as shown especially in the establishment of the French monopoly of the manufacture and wholesale supply of strong liquors, in the work of the Belgian commission, and in the still more important action taken by Russia in setting up a government monopoly of the entire wholesale and retail traffic in liquors throughout the empire. "Everywhere in Europe," says the editor of the *Review*, "the fact is becoming recognized that liquor-selling is not only an unbecoming business, but one that is socially and politically dangerous—requiring new and rigid regulation or else total suppression."

"THE BOOK OF THE FAIR," which cost the Bancroft Company such a heavy outlay, is an assured success, subscriptions having already exceeded 100,000, and still keep coming in as fast as ever. What has given this work such great popularity has been not only the plan but the execution. Nothing could have better fitted popular requirements than a work which covered the whole ground, historical and descriptive, and executed in the highest style of art.

THE *Atlantic Monthly* for September contains the first instalment of a three-part story by Charles Egbert Craddock, entitled "The Mystery of Witch-Face Mountain." The second of Dr. John Fiske's historical papers has for a subject John Smith in Virginia, in which he reopens vigorously the discussion in regard to this interesting character.

Bradford Torrey contributes another Tennessee sketch, "Chickamauga," which will be of special interest in view of this summer's memorable gathering at Lookout Mountain. The paper in the August issue by James Schouler, upon "President Polk's Diary," is ably supplemented in this issue by "President Polk's Administration," by the same author.

The usual instalments of the two powerful serials now running will add interest to the issue. The verse of the number will be of unusual quality. Bliss Carman contributes a striking poem, "A Sailor's Wedding," and "Tiger-Lilies" is the first work of Michael Field, the popular English writer, to appear in an American periodical.

Among other features are "Guides: A Protest," by Agnes Repplier, important book reviews, and the Contributors' Club.

Houghton, Mifflin & Co., Boston.

"PRACTICAL DIETETICS." With Special Reference to Diet in Disease. By W. Gilman Thompson, M.D., Professor of Materia Medica, Therapeutics, and Clinical Medicine in the University of New York; Visiting Physician to the Presbyterian and Bellevue Hospitals. New York: D. Appleton & Co. 1895.

One of the most important subjects in therapeutics is that of diet. Few authoritative works upon the subject exist. Pavy's Treatise is still of great value, and Yeo's "Food in Health and Disease" is an excellent modern presentation of the subject. Dr. Thompson's book occupies a place midway between these two. While we cannot indorse all the theories and all advice of the author, the book as a whole wins our admiration on account of the clearness of its statements, the judicious applications of theory to practice, and the fulness of detail into which the author enters in treating of important subjects—for example, the chapters on Gout, on Tuberculosis, and on Diabetes. We have no doubt that this edition will soon be exhausted and further editions rapidly called for.

TRANSACTIONS OF THE MEDICAL SOCIETY OF THE STATE OF PENNSYLVANIA, at its Forty-fifth Annual Session, held at Chambersburg, 1895. Volume XXVI. Published by the Society, Philadelphia, 1895.

This volume will compare more than favorably with any of its twenty-five predecessors, both in variety and in scientific quality of the contained papers. The many papers upon Typhoid Fever will probably attract the greatest interest; next to these, the contributions upon "The Treatment of Diphtheria with Antitoxic Serum;" but nearly all the papers are worthy of attention. In the business of the convention, many members of the profession will find of greatest interest the reports of the delegates to the meetings of the American Medical Association, at San Francisco, in 1894, and at Baltimore, in 1895.

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## MEDICAL AND GENERAL NOTES.

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WE DESIRE to call the attention of the profession to Taylor's certified Clinical Thermometers and Urinometers. They are guaranteed to be free from defects, and their readings will not change with age. Taylor Bros. Company, of Rochester, are the manufacturers.

THE standard product Listerine is still maintaining its well-earned reputation as a pleasant antiseptic detergent. Recently, however, so many fraudulent imitations have been submitted by unscrupulous druggists that physicians should take extra pains to see to it that their patients get what is prescribed.

FOR a tonic there is nothing better than Pabst Malt Extract, manufactured at Milwaukee, and for sale the world over. Try it.

IT IS amazing to the profession, many using it in their practice, among them Dr. Charles J. Jernigan, of Birmingham, what wonderful results are obtained by the use of *Hérba Vita*, the great Oriental Remedy advertised in this issue of the JOURNAL. The following has been recently received by the company:

"MONROEVILLE, ALA., Sept. 18, 1895.

"GENTLEMEN:—I am naturally a small woman. Five or six years ago, while living in Birmingham, Ala., I began to make flesh very rapidly, until I reached the weight of 175 pounds. Not being strong, I felt it very burdensome, and applied to my physician for relief. He said he would give me a prescription, but he delayed so long that I, seeing your advertisement in HALL'S JOURNAL OF HEALTH, sent for your remedy.



"I took according to directions, and now I am pleased to say that I am back to my normal weight, 126 pounds.

"Herba Vita did it, and with no injury to myself. There is no remedy like it.

"Yours,

"MRS. S. B. L. HIBBARD."

Still they come.

"NANUET, NEAR SPRING VALLEY, N. Y., September 24, 1895.

"Herba Vita Remedy Co., New York.

"GENTLEMEN:—I wish to bear testimony to the excellency of Herba Vita for nearly all the 'ills that flesh is heir to.'

"I am the mother of five children, and the family doctor was a constant visitor at my home until some three years ago, when a friend called my attention to your remedy, since that time, with rare exceptions, the only family doctor we have had occasion to call.

"It has saved me hundreds of dollars in doctors' fees and done its work with unerring accuracy.

"I cannot and will not do without it.

"Yours sincerely,

"MRS. M. C. TERHUNE.

**You desire to  
be Stylish**

**We will tell  
you How—**

*Interline the Puffed  
Sleeves and Skirt of  
your Spring and  
Summer Costume  
with*

**FIBRE**   
**CHAMOIS**

*and the result will be a realization  
of your desire.*

**COMES IN THREE WEIGHTS.**

No. 10 light; No. 20 medium; No. 30 heavy.

**See that what you buy is stamped FIBRE CHAMOIS.**

**Puffed Sleeves and Skirts**

Will not lose their shape if lined with **Fibre Cham-**  
**ois**—unaffected by dampness—indorsed by all lead-  
ing modistes.

**To be found at the Lining Counter of all lead-  
ing Dry Goods Stores.**



# HALL'S JOURNAL OF HEALTH

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HEALTH—THE POOR MAN'S RICHES, THE RICH MAN'S BLISS.

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## ORIGINAL.

### HEADACHE.

A. P. REED, M.D.

Headache must not be regarded as a disease, merely as a symptom—a symptom of troubles in various parts of the economy—may be remote from the head. There is probably no *single* source of pain that is more frequent, or more diverse in its causation, than headache. Among the many causes, the more prominent are eye-strain, anæmia or a perverted state of the blood, brain disease, reflex irritation, poisoned condition of the system, as in Bright's disease, when the system is poisoned by retained urinary products; a full or plethoric condition of the system, nerve exhaustion, congestion, gastric or stomach disturbance, as in "sick headache," though this latter form has a wider causation and may be even hereditary, albeit the stomach is most always "off color" in an attack.

Properly speaking, sick headache, or "migraine," is looked upon and dealt with by modern medical authors as a type by itself, and handled in the books separately from the other multitudinous headaches as being a nearer approach to a disease than other headaches. I will leave this out of this article as not being quite "pertinent to the occasion."

The headache due to brain troubles is called "organic headache," and may be known by its persistence, in connection with other symptoms of brain disturbance, as grave disturbance of vision, mental wandering, and paralysis of the muscles of the face more or less.

The headache due to too much blood in the brain—a “rush of blood”—may be caused by prolonged mental work, fever, or exposure to the hot sun. It may occur in old people from a relaxed state of the blood vessels. In these headaches we find the head hot, the face flushed, the ache of a throbbing character, and the distress increased by lowering the head.

Such headaches often require the educated insight of the physician to search out and combat the cause. This headache is the result of too much blood in the head—a “congestion.” Things go by “opposites,” and we may also have a headache as a result of too little blood in the whole system, or anæmia. Such a headache presents a strong, well-marked contrast to the other, and would be found, *not* throbbing in character, but accompanied by a sensation of weight in the head, with cold extremities, pale face, and a tendency to fainting, while lowering the head relieves rather than increases it, by sending more blood into that region. Nitrite of amyl inhaled cautiously in small amounts, say two or three drops on a handkerchief, will most likely relieve for a time this sort of a headache. Then there is the relax headache, which may be due to eye-strain, uterine disease, stomach troubles, or nasal catarrh, and is perhaps puzzling to the “uninitiated” to decipher.

If due to eye-strain, we have restlessness, vomiting, and sleeplessness, and its aggravation by use of the eyes. A headache caused by uterine troubles is generally located at the top-head, and is relieved by pressure. Headaches due to stomach troubles are apt to be relieved by the vomiting which often accompanies them and is nature's effort at treatment. Headache due to nasal catarrh is generally limited to the forehead and temples, but may extend to the top, and is aggravated by any increase in the catarrh, or by irritating the mucous membrane of the nose. This headache may also produce tender spots along the inner wall of the orbit of the eye. In all cases of persistent headache an analysis of the urine should be made by a competent person, as it may prove the key to the situation and save much other investigation.

A malarial headache is apt to occur and recur at regular intervals, and is relieved by quinine, while this drug would be practically useless in most other headaches.

A peculiarity of rheumatic headache is that it is increased by wrinkling up the forehead and moving the jaws, it being located in the muscular tissue. In this, you may also find a tender scalp. Simple constipation may be a cause of headache, which is most often frontal in location, and which a dose of salts will probably relieve for the time, but which can only be permanently gotten rid of by the avoidance of the constipation.

Properly fitted glasses will be apt to be all that is needed for eye-strain headache. One can see how essential is the knowing of the cause when it comes to the permanent cure of headache.

In many headaches the stomach needs attention, with a light diet and the use of either the acids or bismuth, as the case may be, while the headache due to too little blood will, of course, be driven out by a "building up" process—increasing the quantity and the quality of the blood with tonics, iron, etc., and the liberal use of good milk. Milk is also of service in the toxic headaches or those due to imprisoned poisonous products—maybe from the urine, as in Bright's disease, or in diabetes, from the accumulation of poisonous acids in the blood. Increasing the activity of the skin, bowels, and kidneys will relieve such a headache.

A headache due to stomach disturbance will often give up the field at the hands of aromatic spirits of ammonia given internally in half-teaspoonful doses once in half an hour till two or three doses are taken. Perhaps one dose will be sufficient.

In headache due to too much blood which accumulates at "headquarters," the use of the ice-bag on the head and soaking the feet fifteen minutes in hot mustard water—hot as can be borne—is well calculated to "draw it out." Any headache where we have a hot head can be relieved by this means. If such a headache persists, call the physician. In rheumatic headache, try hot fomentations of saleratus water (cold, if more agreeable), and inhale ammonia moderately, and camphor. Ammonia and camphor are also good in neuralgic headaches. These latter are apt to change suddenly from one place to another and to follow the track of a nerve.

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## DO YOU BREATHE PROPERLY?

H. L. MEADE, M.D.

It is a matter of demonstrated truth that the average boy or girl does not have what may be fairly considered the normal lung capacity. What is true of the lungs is true of imperfectly developed muscles, of various weaknesses of the heart, of distorted shoulders, and abnormal shapes of the chest walls. Yet nobody in the public schools or colleges is taught to breathe properly, if he happens to be a non-athlete; that is to say, the consumptive and the anæmic students are neglected by the athletic trainer and the physician employed in most colleges, and the few athletes

who happen to be ambitious and able to excel receive all their attention. That was an inevitable first result of the craze for physical training that established all over the country magnificent gymnasiums and athletic club houses and awakened unbounded enthusiasm over football and rowing and track athletics. The mass of the students were neglected for the individual, and no account was taken of the needs of women, who for centuries, as a sex, have worked and walked with one set of muscles and abandoned the use of others entirely, with the result of losing poise and displaying in every movement a sad lack of reserve force.

All this is changed now, or is well into the initiatory state of change, for men and women. In this, as in many movements, women are rather having the better of it by waiting. There is something in learning what to avoid by observing the mistakes of masculine systems. The result is that a wholesome and healthful ideal for the sex is taking the place of the nerveless and languid maidens heretofore imitated. Poise is returning. Deep and full breathing is generating a healthful, magnetic warmth that surrounds the body as a rare charm and makes it possible to lend even to the prevailing exaggerations in garments an individuality that is quaint and alluring. Girls of all ages and degrees are engaging in field work, gymnasium training, or gymnastic exercise fitting their particular physical requirements. The prevailing bicycle madness indicates nothing more perverted than a return to wholesome ideals.

Mrs. Emma Eames-Storey, whose full, generous outlines are a beautiful example of what ideals women are striving for to day, is quoted by the anti-exercisers as saying that she does not practise physical training or feel the need of gymnastic exercise. Mrs. Storey has practised vocal and breathing gymnastics--these latter the most important of gymnastics--and the requirements of her art demand such constant daily practice of these exercises that the muscles of her throat and chest and back and abdomen are developed as those of few women are. She walks great distances and rides horseback, all the while utilizing every common sense truth about breathing that she has been at such pains and expense to learn. So it is with Mrs. Kendal and with Mrs. Langtry and all other wholesome-looking women. This is all that any rational system of gymnastics requires of its most zealous devotee. What every rational system of physical training does hold altogether essential is intelligence and conscious breathing--breathing gymnastics, if you will. Ordinary respiration is not sufficient, for that is altered and fluctuates with every mental state or physical disability. If breathing remained through life normal as in childhood, before people experience such emotions as hope and fear and

anger and sorrow, they would yet require more than natural respiration in order to overcome natural inertia and attain anything like the approximate height of their mental and spiritual possibilities. Vivikanandi, the learned Indian philosopher, who entertained large classes of men and women last winter in New York, got his wonderful hold on the imagination of his hearers by frankly telling them some of the truths—old as Time itself—and practised for centuries by religious learned men in India and China and elsewhere. He used to have an entire roomful of people practising with him the same exercises that Oriental Magi have used in their rites. The whirling dervishes of Asia, the feats of levitation practised in India, the mantic trance of the Shamans of Siberia, were all ascribed by him to abnormal breathing exercises carried to an exceptional degree.

It is not necessary, nor is it always safe, to experiment in breathing. The chief thing is to breathe in the sunshine and fill the lungs completely, and then to empty them completely. Standing at an open window, or reclining with the waist and chest unconfined, hold the chest walls high and inhale in slow, long breaths; exhale as slowly, three times only at first. Gradually the number may be increased and the time lengthened for breathing exercises, but at least twice a day fifteen minutes should be taken for exercise of this sort and subsequent rest. The following exercise in breathing is one used by the Brahmins and Yogis of India. The result is a wonderful invigoration that is almost electrical, and is doubtless the result of some action like that noted by the physician Maudsley in "Brains and Nerves," where he writes: "Concentrated attention to a given portion of the body through an unimpeded channel will cause the blood and nerve force to go there." This is the exercise: Take a position lying relaxed and prone on the floor. Breathe in vigorous, slow, and rhythmical inspirations and stretching the chest walls out and up like an accordion. Then concentrate the mind resolutely and for an appreciable length of time on the feet, the hands and arms, the knees, the elbows, hips, shoulders, abdominal region, the upper chest, the brain, with new energy and nerve force to the tired parts; the mental exercise will not be the least valuable of this ancient process. If excessive, fatigue has preceded the exercise, turn at its completion to a position lying flat on the abdomen, with the head first on one side then on the other. Continue deep and regular breathing until you can get up feeling yourself made over. This is the only form of rest allowed to the Arabs on their long journeys across the great deserts.

For removing dyspeptic tendencies this exercise, taken at intervals during the day, is excellent: Inhale during four pulse-

beats, concentrate the breath with force upon the pit of stomach until it becomes hard like a drum, and then gently pound the stomach with the fingers or open palm, holding the breath from ten to thirty seconds. Then exhale and repeat.

In all exercise the chief thing is the will—and faith. Neither element is absolutely essential to improvement. Both shorten by half all processes and enhance the effects.

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## EDITORIAL PARAGRAPHS.

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### THE HANDS.

For chilblains on the hands or feet we give the following effectual recipe. Take a piece of alum about the size of a nut and melt it in enough hot water to cover the hands. When the alum is melted, soak your hands in the liquid for nearly a quarter of an hour; then cover your hands at once with gloves, which you keep on all night, and as long as you can during the day. The best soap for the hands is almond soap. Always select a white soap, as colors are sometimes dangerous.

You may make your own almond soap by melting a piece of curd soap, adding the same quantity of powdered almonds to it; and if you also put a teaspoonful of bismuth, mixing the whole well together, you have a soap and cosmetic all in one.

Another excellent hand soap may be made by melting a piece of white curd soap, adding the same quantity of glycerine. Mix well together, then add a similar quantity of powdered almonds, honey, and almond oil.

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### HOW WE GET CHILLED.

The power of spontaneous regulation of the temperature resides in a mechanism whereby more or less blood is sent to the skin as a result of relaxation or of contraction of its blood vessels. When the skin is heated its vessels relax and contain a surplus of blood, which, if exposed to ordinary external influences, rapidly becomes cooler. Heat is lost in three ways—viz., by radiation, conduction, and evaporation, the amounts given off by these means varying according to circumstances. It is estimated that about 60 per cent. of the whole amount of the animal heat passes off through the integument, says the *Fortnightly Review*.

If thin skin be freely exposed to cool air much heat is lost by radiation ; if the air be dry and in motion a still larger quantity of heat becomes latent by the evaporation of the water excreted by the sweat glands. Thus it is that under normal conditions a rise in the bodily temperature causes a flow of blood to the skin, followed by cooling. A man warmed by exercise and exposed to a current of air rapidly becomes chilled, and perhaps catches cold. Lowering of the temperature, on the other hand, diminishes the quantity of blood in the skin, so that radiation and conduction of heat from the surface are reduced to a minimum. Evaporation and radiation from the internal surface of the lungs constitute another means whereby heat is lost ; but for our present purpose it is unnecessary to do more than notice the fact.

The main use of clothing is to protect the body generally and to maintain it at an equable and proper temperature. Civilized man, who is compelled to wear artificial clothing, is far less favorably situated than the lower animals, who are provided with sufficient natural covering. This drawback is, however, more than counterbalanced by the opportunities which clothing affords of rendering the wearer comparatively independent of the external circumstances of climate.

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### VARIETY OF DIET.

A number of facts conspire to throw a somewhat new light on questions of dietetics, or at least to show that these problems are more complex than they have been by some supposed. It has been usual to speak of a "mixed diet," meaning thereby one composed in part of animal and in part of vegetable food, one containing proteids, fats, and carbonhydrates, approximately in such proportions as they are required by the organism ; but when we see the effect upon disease produced by very small quantities of certain selected portions of animals commonly used as food, such as thyroid gland, supra-renal gland, and bone marrow, the suspicion arises that these are but the more pronounced expressions of a widespread principle, and that such marked differences in therapeutic effect between certain organs may be associated with similar differences in nutritional value between the various portions and kinds of meat which we consume. We may surmise, too, that the modes of preparation may have a considerable influence, and that while good cooking may be, as it should be, a preparation for and an aid to digestion, certain processes in cooking may do much more harm to the nutritional value of our food than is explained by the mere change in its physical properties, the hard-



ness, toughness, etc., which they produce. The destruction of the anti-scorbutic properties of milk by condensing, overcooking, and sterilization is a case in point, and we commend to the farmer the interesting question whether and how far the prolonged freezing of meat may interfere with its finer nutritional value. Healthy men, who have a great reserve of digestive power, can derive nutriment from almost any food, but for people of feebler frame a mixed diet must mean one in which variety of substance exists of whose nature and of whose differences in terms we as yet know nothing. The healthy man, by taking plenty, finds among it what he wants, but until we know much more than we do of the value of different foods and different modes of cooking we must at least afford variety to our invalids, and protect them from a monotony in diet which may perchance be debarring them from the one thing needful for their nutrition.

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### WAYS TO COMMIT SUICIDE.

Wearing of thin shoes and cotton stockings on damp nights and in cold rainy weather. Wearing in sufficient clothing, and especially upon the limbs and extremities.

Leading a life of enfeebling stupid laziness, and keeping the mind in an unnatural state of excitement by reading trashy novels instead of good books. Going to theatres, parties, and balls in any sort of weather, in the thinnest possible dress. Dancing till in a complete perspiration, and then going home without over-garments through the cool, damp air.

Sleeping on feather beds in seven-by-nine bed-rooms, without ventilation at the top of the windows, and especially with two or more persons in the same small unventilated bed-room.

Surfeiting on hot and very stimulating dinners. Eating in a hurry, without half masticating your food, and eating heartily before going to bed every night, when the mind and body are exhausted by the toils of the day and excitement of the evening.

Beginning in childhood on tea and coffee, and going from one step to another through chewing and smoking tobacco, and drinking intoxicating liquors, and physical and mental excesses of every description.

Marrying in haste, and getting an uncongenial companion, and living the remainder of life in mental dissatisfaction. Cultivating jealousies and domestic broils, and being always in a mental ferment.

Allowing the love of gain to absorb our minds so as to leave

no time to attend to our health. Following an unhealthy occupation because money can be made by it.

Tempting the appetite with bitters and niceties, when the stomach says "No," and by forcing food when nature does not demand, and even rejects it. Gormandizing between meals.

Contriving to keep in a continual worry about something or nothing. Giving way to fits of anger.

Being irregular in all our habits of sleeping and eating, going to bed at midnight and getting up at noon. Eating too much, too many kinds of food, and that which is too highly seasoned.

Neglecting to take proper care of ourselves, and not applying early for medical advice when disease first appears.

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### SIMPLE RULES OF HEALTH.

A recent writer on health, who seems to be somewhat pessimistic in his views, quotes another writer as saying :

"Let a man retire to a nearly deserted mountain region, where the air is pure and dry, and there are too many stones to set a plough. Let him be of fine physique and cool, dispassionate mind, stored with medical knowledge. Let him set up his water distillery and food laboratory, bounce the cook and hire a corps of servants, nourish his body with precisely the elements it needs, and no others, and exercise much. He cannot travel, for the microbe waits at every turn to lay him low. He cannot visit his friends, for they may poison him with sausages and beer. He might live 150 or 200 years, scarcely more than that, because he is handicapped by a heritage of death."

On the above we have to remark that one man might do that and live to be 150, and a large number might die of disease induced by being compelled to think almost exclusively how to live. On the other hand, we have known a man who violated nearly every so-called law of health, including total abstinence from baths and washing, who lived to be nearly 100 years of age. What shall be said, then? Does location make no difference? It may make much. Does diet make none? Comparatively little if a man lives in the open air, works hard, goes to bed early, and sleeps seven or eight hours; but if his other habits are unhygienic, it may make a great deal. Shall he drink nothing but distilled water and eat nothing but the original elements? We believe such a teaching to be science run mad. If he boils the water he can drink it with safety, and good spring water in the country, where the cattle and sheep and people generally are healthy, will do. Nature can be trusted to eliminating food, and a well-nourished man can resist

most microbes if he lives in the open air. Even two hours a day of exercise, with nothing much to think of at the same time, makes all the difference.

Healthful locations can often be obtained 100 yards from the most malarious. A few precautions will keep malaria out of almost any house and almost any system. This "man-in-the-mountain" writer would find in the end [or if he did not, some of his family would] an unfavorable influence upon the nervous system. The high winds of the region might some day carry him off with pneumonia. With a proper recognition of the doctrine of divine providence we would undertake to keep well on the most exposed lake front, provided we could arrange life with reference to keeping well a few broad principles.

This is an age in which altogether too much attention is paid by some to such matters and not enough to others. An acquaintance of ours spent a whole season in dodging cholera microbes, upon the theory that they could not be got into the system so as to do any damage except through the digestive organs, worried himself into a nervous fever, and died. Another, pursuing the same course, caught the cholera, but did not know how. On the Hudson River lived a physician who believed he was to die from consumption, and he endeavored, by living on the most carbonaceous food, to escape it, but died, and a post-mortem examination showed that there had never been anything the matter with his lungs, and that his death was caused by confining himself exclusively to anti-consumptive, heat-producing food, and also by eating more than was necessary.

There is not a single theory now adopted or proposed by the medical profession, by empirics, cranks, hypochondriacs, food analysts, or any other class that is not carried to a pernicious extreme by its propounders or their converts. And yet there is scarcely one such theory that does not embody any important truth. The difficulty with many is in violating the simplest things. Adults are killing themselves by doing habitually what they would punish their children for doing. Almost every table or house contains extempore lectures on health to children, who are pursuing a course almost opposite to what they are recommending. They forbid tea and coffee to their children, but take it themselves in large quantities. They tell the children to eat slowly and take small mouthfuls, and then they eat as if they had four minutes at a railway restaurant. They descant on the evils of pastry and devour two pieces of pie, crust and all. They inculcate early to bed and early to rise and sit up until 11 o'clock, or even 1. Then there are tobacco-users who prohibit harmless indulgences to the members of their family.

The true system of diet, whatever it does, will avoid extremes, and will not approve any system that undertakes to exclude from the diet of the well man anything upon which millions of the race live, a large proportion in excellent health, unless it be some article that can be demonstrated to be essentially poisonous or dangerously liable to produce a tendency to excess.

Any system of diet which instructs a person to eat entirely without regard to the pleasures of the appetite is contrary to Scripture, common sense, and hygiene.

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## IMMEDIATE ACTION.

### PREPARATORY FOR THE DOCTOR.

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#### POULTICES.

When inflammation becomes active after burns, cuts, bruises, or sores of any kind, resort must be had to poultices to draw them to a head, or reduce inflammation. These cannot be kept on hand, but it is well to know how to make them. As a rule, spread and apply poultices quickly.

For a flaxseed poultice, put a tinful of water in a pipkin or vessel of any kind. Bring it to a boil. Stir in flaxseed meal slowly till the whole is as thick as mush. Drop a little piece of lard into it, about the size of a small hickory nut. Don't let it boil any more than you can help. Apply as hot as can be borne.

A slippery elm poultice is made just like a flaxseed one, only you use ground slippery elm instead of flaxseed.

A bread-and-milk poultice is made by removing the crust from a stale piece of bread and crumbling the inner part in a bowl. Pour on enough sweet milk to cover it and simmer on the fire, stirring till the bread is dissolved. Apply as hot as can be borne.

Yeast poultice is made by mixing a pound of linseed meal, or oatmeal, into half a pint of yeast. Heat the mixture, stirring carefully to keep from burning. This is an excellent poultice where there is foetid discharges from old or ulcerated wounds.

A bread-and-water poultice is made by dipping a piece of bread, after the crust has been removed, into warm water. Lift it out at once and apply hot.

A salt-and-water poultice is made like the bread-and-water one, only you add salt to the water before dipping the bread.

Almost any soft substance that will retain heat and moisture

can be used for poultices. It ought to be free from lumps—smooth and soft. Arrow-root poultice is a favorite in irritable sores. Hops, chamomile, onions, and other substances make handy and efficacious poultices. In all poultices of flour, or any sticky substance, a little piece of lard should be dropped. Poultices should never be continued so as to interfere with healing. As soon as there is a disposition in a wound to heal, they should be stopped, and the water dressing taken up.

The mustard plaster is made thus: Take mustard flour, (ground mustard), add an equal quantity of wheat or rye flour. Mix on a plate. Add as much cold water—not vinegar—as will make a soft mass. Spread on muslin. If you have a piece of gauze, lay it on the skin, and apply the plaster on it. For a child, have the mustard half strength. Do not let mustard blister. Look after it every few moments. When the redness becomes decided, take it off.

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## WOUNDS.

In order to handle these well it is necessary to know something about the blood. There are two kinds of blood. The bright red blood belongs to the arteries. It is going out from the heart to the body. The dark blood belongs to the veins. It is coming back from the body to the heart. When an artery is cut, the blood spurts out in jets, corresponding to the heart-beats. There is then great danger of bleeding to death. Nature has placed the arteries deeper than the veins, in order to protect them better. When the vein is cut the flow of blood is regular, and, generally speaking, there is not much danger of bleeding to death.

If a wound by any sharp instrument has severed an artery in the arm or leg, the flow of blood can be stopped by bending the joint next above the wound. Bend the knee till the heel touches the buttock. Bend the thigh till the knee touches the belly. Bend the elbow till the hand touches the shoulder. Keep them thus till a doctor arrives. If the wound is in any other part a tourniquet must be applied. A simple one can be made of a handkerchief, by twisting it, knotting it in the middle, and placing it around the limb between the wound and the heart, or between the wound and the heart when other than a limb is injured. The knot in the handkerchief should be made to rest directly on the artery. Then pass the two ends around and tie them together, leaving room for a stick to be inserted between them. Insert a stout stick, such as a piece of a broom-handle, or whatever is handy, and twist till the knot presses hard on the artery and stops.

the flow of blood. When small arteries are cut the flow of blood may be stopped temporarily by pressure of the thumb or finger ; but this is very tiresome, and cannot often be kept up without change till a doctor comes. There are points in the body where nothing but thumb pressure will save life, in case an artery is cut.

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## PHYSICAL CULTURE.

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### GYMNASTICS FOR GIRLS.

There are a score of little maidens, pupils at a private school in New York, who expect to grow into healthy, muscular women through judicious exercise. While the robust pupils are expected to take a fair amount of exercise, the delicate ones are taken great care of and provided with work suitable to their strength, for, you know, too much of a good thing is as bad as not enough. If a young beginner is tired, she is instructed to lie down flat and rest herself before recommencing work, and the preliminary exercises in climbing are undergone with a rope around the waist, so that the pupil might be secure in case of accident. The lesson begins with musical drill, in which all the pupils stand in a row with small weights on their heads. This is to make them stand perfectly erect, for while going through their evolutions if they nod the head or droop the shoulders the little weights would come tumbling down. They go through various movements with their arms, using light dumb-bells made of baize stuffed with sand and shot and furnished with a handle by which to swing them. The pretty drill closes with a lively hopping exercise, done to the cheering strains of a Scottish reel.

The girls are all dressed alike in tunics and knickerbockers of a dark shade of Indian red—a costume which is far prettier than the ordinary gymnasium dress, which is apt to look like a bathing suit cut short. Part of the performances is exercises on the horizontal and parallel bars, trapeze, and flying swings. Here some of the girls are expert as well as graceful, and something like muscular development can be felt in their smooth young arms. Rope-climbing is the most useful which is learned in a gymnasium, so the directress thinks, and the one which might be a means of saving life in case of fire. Several of the girls show proficiency in this accomplishment, climbing with great rapidity, swinging themselves over to the fire ropes, which hang in a line from the roof, and coming down the last one hand-over-hand.

There are also appliances and exercises for pupils with any tendency to round shoulders or crooked backs, and when these little girls graduate five or ten years hence they will be as perfect physically as mentally, which is more than can be said of our many students to-day, who all seem to wear eyeglasses and round shoulders. A good motto for boys and girls who wish to grow up straight and strong is: "Hold up your chin." If the head is well back the chin will be high, the shoulders straight, and, consequently, the back, your lungs will not be injured by a bent spine, and a million little and big ills will be avoided that always come to the unfortunate round-shouldered child. Gymnastics are of great advantage to children, because they are growing, and as you stand or walk, you will grow. Never stand with one foot resting and one shoulder drooping, or you will grow up awkward and crooked. It may not be noticeable now, but when you have stopped growing and all your little bones and muscles are hardened and not so willing to yield to training the doctor will suddenly discover that one shoulder is higher than the other, or something equally disagreeable, and then you will have to wear a shoulder brace or back support; and take my advice, it is ever so much pleasanter and easier to take even great pains to stand and walk straight now than have to remedy it when you are a few years older.

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## ONE'S HYGIENE.

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### MAKING UP THE FACE.

French women artistically make up their faces to accord with the new and trying shades of their costumes. There is no glaring effect of powder and rouge, as is too often the case with our home productions, but simply a skin of apparently infantile delicacy of tint and texture, and which can bear the proximity of any color in the spectrum. This effect is produced by the finest temporary enamel, applied after preliminary treatment of the face with elder flower water and olive oil. A very delicate rouge is also used, the secret of which is known only to Parisian perfumers. It is white before application, and turns a pale rose pink upon contact with the skin. The eyebrows and eyelashes of these dames rival those of Petrarch's "Laura," or the inmates of some Oriental harem—so black, so beautifully arched and curled are they. If ever artifice of the toilet is justifiable, however, it is in supplementing nature's pale and straggling eyebrows, which are easily improved by the

harmless eyebrow pencil. The mistake too often made is that of choosing a black pencil regardless of the shade of the hair and eyes.

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### TENDER FEET.

The boots and shoes for summer wear should be half a size larger than those worn during the winter. Shoes are generally considered more comfortable than boots, and should certainly be adopted, if possible, in the summer, for they leave the ankle free and the circulation unimpeded. However, if boots must be worn, they should not be very high, as any additional pressure means additional suffering. The evil effects of tight lacing will be very soon realized by the woman who has tender feet; the undue compression adds greatly to the pain, and very often the ankles are so swelled and inflamed by the end of the day that they are utterly shapeless. In cases of this kind the remedy is not far to seek; but it is more difficult to relieve those who suffer legitimately, so to speak. The following treatment should be persevered in; it will give immediate relief, and, when practicable, should be resorted to twice a day: Soak the feet well in tepid water to which a little ammonia has been added, and as the water gets cold pour in more hot to keep up the temperature. After drying the feet, rub them gently and thoroughly with a mixture made thus: Add one ounce of the best linseed oil to the same quantity of lime-water, shake the bottle in which the ingredients are until a mixture about the thickness of cream is produced.

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### HEALTHY ABODES.

#### THREE ESSENTIALS.

Three ideas may be combined into one motto, which would be a good one for the home:

“Look out,  
Look in,  
Look up.”

The first would lead to a careful watchfulness of everything which could affect the home life, keep one ever on guard against the dangers which constantly menace the home, whether they be physical or of insidious satanic origin. Dr. J. G. Holland had



a correct view of this, and expressed it tersely in the following couplet :

That virtue may live it must resist,  
And that which it resists must live also.

A true construction of this and full comprehension of its meaning leads to the second branch of the subject : "Look in." Without constant examination of the heart and a daily cleansing of the mind from the dross of every-day life left from the crucible tests of a determined overcoming of grossness more or less adherent, there can be no proper "look out" for the outer dangers.

All progress, all home development, all higher aim and successful home building, as distinguished from house building, must be based upon that higher something we call divinity, toward which every human soul turns instinctively.

Creed and dogma have naught to do with this, and happy, thrice blessed, is he who can turn in the silent watches of the night and look with unabashed fearlessness into the countenance of *his* God, and draw therefrom the love which goes to make whatever of happiness there is in this world. From such source alone can come that equable temperament, that consideration for others' comfort and happiness, which is the solid and only foundation for family cheer.

If you would have a happy home, always "look up" for your inspirations.

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### NURSERY HYGIENE.

The room especially set apart for the children of the family should be the best-aired, the sunniest, and the driest in the house. At the same time it should be so situated as to be kept at a temperature as nearly uniform as possible. As a general thing it should be on the south side of the house. Any excess of sunlight, if such exists, can be easily controlled by shades.

Since the nursery is, as a rule, occupied both night and day, it should be as large as possible, to facilitate a thorough supply of fresh air.

Considerations of air, sunlight, and cleanliness should be paramount, and all questions of decoration should be entirely subservient. To this end, everything should be simple in construction.

In all but exceptional cases the nursery is the scene, at some time or other, of one or more of the diseases incident to childhood. On this account, all materials that might serve as dust and disease organisms should be excluded. The furniture should be plain, so as to be easily kept clean. It should also be light, or else

furnished with strong casters, so that it can be easily moved about. Pictures on the walls were better omitted.

The nursery floor should have particular attention. While the ideal floor may not be always attainable, the ideal should be approached as nearly as possible. A floor of closely joined hardwood is the best, since it is most easily kept free from dust. Over this should be laid rugs or carpets, which should be frequently taken up and beaten.

Nursery closets, too, should be carefully looked after. They should always be open to inspection, and no accumulation of soiled clothing should be permitted. Open shelves are recommended, since, while clean linen and other necessities are easily kept upon them, they are less apt to be made the receptacles of "tucked-away" neatness than are shelves enclosed by doors.

The habitual use of disinfectants should have no part in the care of the nursery. The necessity for their use should be avoided by means of scrupulous cleanliness. A room in which disinfectants are needed should be inhabited by no one, least of all by children.

The ventilation of the nursery is an important matter. The essential thing to be secured is a frequent change of air without draughts along the floor.

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## EDITORIAL OUTLOOK.

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### DISEASE AND CRIME.

Light is daily coming in upon the world of mind, and by the help of clearly established facts arguments may be adduced which will have a stronger tendency to compel men to take care of their health than any which have arisen from conscience, money, or duty; that is the argument of *shame*. Let men fully understand that health is man's birthright, and that it is as natural to be well as to be born. Let them fully understand that certain bodily affections tend to crime, and crime thus committed confines to the penitentiary; then may the community wake up more fully to the sentiment, *health is a duty*, and therefore the neglect of its preservation a sin which in the natural progress of things leads to loss of health, and life, and honor.

Artificial excitements, whether from tobacco, opium, or alcohol, if largely persevered in, will work ruin to mind, body, and soul. It is right that it should be so. Omnipotence has ordained it. If a Pendergast is in a physical condition which impelled him to commit murder, or if he be in a mental condition which impelled him to commit the crime, the question whether he is to be punished or not should depend upon the manner in which he became subject to that condition. If such condition be the result of birth, or by a fall, or stroke, or other occurrence out of his control, he should go free of penal suffering; but if he placed himself in that condition by the unbridled indulgence of his appetites or his passions, he ought to be made to suffer the penalty, whether he knew that such indulgences tended to such a result or not. It is

a man's duty to inform himself of physiological and hygienic as well as of civil laws. Ignorance of the former ought not to work his escape any more than ignorance of the latter does, otherwise all penal statutes become a farce and anarchy rides rampant through the land.

So, also, if a man perverts his moral sense, and by a course of vicious reasoning persuades himself that he ought to commit murder, and thinks of it so much as to feel impelled to murder some one, he is properly amenable to the laws of the land.

The conclusion of the whole matter is this: Every man should be held responsible for his deeds, unless they are clearly proved to be the result of a physical, mental, or moral condition which he had no agency in originating or exaggerating to the criminal point.

### LAUGH.

Learn to laugh. A good laugh is better than medicine. Learn how to tell a story. A well-told story is as welcome as a sunbeam in a sick-room. Learn to keep your own troubles to yourself. The world is too busy to care for your ills and sorrows. Learn to stop croaking. If you cannot see any good in the world, keep the bad to yourself. Learn to hide your pains and aches under a pleasant smile. No one cares to hear whether you have the earache, headache, or rheumatism. Don't cry. Tears do well enough in novels, but they are out of place in real life. Learn to meet your friends with a smile. The good-humored man or woman is always welcome, but the dyspeptic or hypochondriac is not wanted anywhere, and is a nuisance as well.

WE REPEAT our special offer made in the September issue of the JOURNAL, so that no reader will be liable to overlook such a good opportunity—viz.: For every subscription sent to us between now and January, fifty cents, we will send such person a small box of the wonderful Oriental remedy, Herba Vita. For four subscriptions, two dollars, sent us, we will send one of the dollar packages.

TAKE ADVANTAGE OF IT.

### LITERARY.

*Godey's Magazine* for October is a 'Southern number.' A very artistic cover by M. de Lipman emphasizes this, and the two leading articles are upon "The Cotton States Exposition," at Atlanta, and "King Cotton and His Subjects." The latter treats of cotton-picking in the picturesque and the commercial aspects. Other finely illustrated papers are upon Mr. French, the sculptor; "Types of French Beauty," "Great Singers of This Century," and "The Experience of an American at an Italian Vintage." Among the varied fiction is a remarkable story of society by Frances Aymar Mathews, entitled "A Confession of Success." The Fashion Department, as usual, covers the field of particular interest to women.

A feature of *Godey's* which is unique among monthly magazines is the series now running under the title of "Music in America." The papers are of interest to all readers and of positive value to those who play or sing. This month the Cleveland colony of composers is taken up and treated with narrative and critical notes. Three pages of music are reproduced, of which two have never before been published. Ten cents a copy.

"MANUAL FOR CORPORATIONS," by Henry C. Van Schaack, of the Denver Bar. A book for the lawyer, the organizer of stock companies, the directors and other officers of corporations, and the stockholders of Colorado corporations. Bound in full sheep, Pony Law Book size, 324 pp. Sent post-paid on receipt of price, \$2.50. Published and for sale by the Chain & Hardy Co., 1609-1615 Arapahoe Street, Denver.

"A PRACTICAL TREATISE ON DISEASES OF THE EYE," by Dr. Edouard Meyer, Professeur a l'Ecole Pratique de la Faculte de Medicine de Paris. Translated, with the assistance of the author, by Freeland Fergus, M.D., Ophthalmic Surgeon Glasgow Royal Infirmary, from the latest French and German editions, with 267 illustrations and 3 colored plates, prepared under direction of Dr. Liebrich, author of the "Atlas of Ophthalmoscopy." 8vo, 647 pages. Cloth, \$4.50; Leather, \$5.50. Published by P. Blakiston, Son & Co., Philadelphia, Pa.

"THE SENATOR'S DAUGHTERS," the serial story, by A. C. Wheeler, running in the current volume of *The Chautauquan*, reaches the twelfth chapter in the October number and develops many new points of interest. There is a glimpse of the society woman of many fads, and not a little wholesome satire on the theories and vagaries of female agitators.

EACH successive number of "The Book of the Fair," by Hubert Howe Bancroft, lets us more and more into the plan of the work, which is such, while avoiding too lengthy description, as to cover the entire ground with sufficient detail and present in permanent form all the characteristics of the great Exposition.

THE editor of the *Review of Reviews* finds several incidents in this fall's political situation on which to comment with effect in "The Progress of the World," for October; the part played by the liquor question in the New York campaign is very clearly described. The present difficulties of the U. S. Treasury and the bearings thereof on national politics are discussed. The opening of the Atlanta Exposition and the recent patriotic gatherings at Louisville and Chickamauga, the international yacht-racing fiasco, the building of American battleships, and Lord Wolseley's appointment as Commander-in-Chief of the British Army, are among the topics included in the month's survey. The Madagascar campaign, the massacre of missionaries in China, the Armenian question, and progress in South Africa under Cecil Rhodes (whose portrait serves as the frontispiece of this number of the *Review*), are matters of international interest which also pass under editorial review.

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## MEDICAL AND GENERAL NOTES.

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NO SOAP on the market to-day stands so high in the estimation of the people as Packer's Tar Soap.

Its lather serves really a medicinal purpose—cures chafing and prickly heat, and is a great relief in perspiration.

We indorse it and advise our readers to try it.

THE medical profession should to a unit join the little army of physicians now already enlisted in using Paskola in gastro-intestinal affections. *Nine hundred* professional admirers is a pretty good commendation and indorsement.

The Pre-Digested Food Company, 30 Reade Street, offer to send a bottle to any physician, prepaid, if such a desire is made known to them.

Write them in reference to it and mention the JOURNAL's advice.

BAKING POWDER is one of the necessities of the well-regulated household. There are dozens of various kinds upon the market, most of them of impure and inferior quality. The best is the cheapest, and it has been our pleasure to advocate Royal for the past eight or ten years.

There are none like it. Absolutely pure.

THE "Sunset Route" is one of the great and popular routes to the West and Southwest. Perfectly equipped and luxuriously appointed. Select this way to reach the South and Southwest. The Southern Pacific Company's "Sunset," "Ogden," and "Shasta" routes have become very popular.

Write or call for particulars and rates on E. Hawley, A. G. T. Mgr., or L. H. Nutting, E. P. Agt., 343 Broadway, or 1 Battery Place.

ABOUT now, thoughts of the people of the North are toward warmer climes during this coming winter season, especially so after the holiday festivities. One delightful spot on the earth is reached by the handsomely equipped Ward Line to the Tropics. The steamers of this line are luxurious and afford one perfect comfort. The genial passenger agent, Robert W. Parsons, 113 Wall Street, will give you all information, or our Recreation Department will be pleased to serve you.

THE Ocean Steamship Company assures every one speed, comfort, and safety to Savannah, Ga., and then *via* the Central Railroad of Georgia to the Atlanta Exposition.

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## SPECIAL NOTICE.

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### HO! FOR THE SOUTH.

YEAR by year winter travel toward the South increases, the result of judicious presentation of the attractiveness and inducements held out by the various railroads traversing the whole Atlantic coast, as well as the various steamship lines.

Florida is the objective point, and especially the West Coast is now drawing immigrants from every section of the country, and this is due to the untiring efforts of the Plant System. As a winter resort section it leads to-day all others.

Tampa, Fla., a delightfully situated city on the West Coast of 21,000 people, is the peer of her sister towns, having within its corporate limits the most luxurious and best appointed hotel in the world, "The Tampa Bay," costing a million and half dollars.

The attractions of the Inn at Port Tampa, Fla., nine miles beyond the Tampa Bay, are appreciated by winter sojourners. The Inn is built on the pier over the water and a mile from the shore.

Here the guests are permitted to fish, sail, and enjoy the sea air. The surrounding waters teem with fish, while ducks, pelicans, and gulls are plentiful, to defy the sportsman.





B. P. L. Bindery.  
MAR 17 1915





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